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ORE polishes skills, breaks new ground



Lt. Col. John Girmius, pilot, 118th Fighter Squadron, Bradley Air National Guard Base, East Granby, Connecticut, reviews pre-flight preparations with the crew chief of an A-10 aircraft during the base Operational Readiness Exercise on June 4. Readiness exercises are essential for preparing pilots and ground troops for performing job duties during adverse field conditions in forward deployed locations. (U.S. Air Force photo by Staff Sgt. Nicholas A. McCorkle)

MAJ. GEORGE H. WORRALL III
103rd FIGHTER WING

The 103rd Fighter Wing practiced deploying and employing its aircraft and professionals May 31 through June 4 at the Bradley ANG base in East Granby.

Although nearly two-dozen wing members have deployed to support the Global War on Terror in the past year, keeping the entire wing's war-skills sharp, and personnel prepared, will ensure future tasking can be fulfilled.

"The whole concept is we need to be ready," said Col. Jack Swift, commander, 103rd Fighter Wing. "By doing repeated exercises we keep preparedness at a high level for when we are called for contingencies or overseas deployments."

During the four days of the Operational Readiness Exercise, two major processes were exercised, called simply Phase I and Phase II. Phase I is the packing of cargo, processing of guard members, and preparing the A-10's to deploy. Phase II encompasses wartime operations, launching missions, preparing for and recovering from attacks.

In Phase I, a sample of 80 members processed along with cargo and support equipment.

"We loaded two simulated C-17s with 110,000 pounds of cargo," said Technical Sgt. Robert C. Keenan, logistics plans NCO, 103rd Logistics Readiness Squadron. "A lot

of it was actual cargo with very few simulations."

With enough cargo and personnel processed to test procedures, the wing moved into the wartime mode of the ORE, Phase II. Although a small number of guard members processed, the entire wing suited up in helmets and protective equipment to sharpen those perishable skills.

"One of the things we focused on was IEDs [improvised explosive devices], something that's seen every day in theatre now but we have not trained for significantly prior to this," said Swift.

The readiness branch of 103rd Civil Engineer Squadron put together the training. The same group who in the past exercises staged unexploded ordinance drills.

"All four of us in readiness were setting these [IEDs] up," said Master Sgt. John A. Olexa, readiness supervisor, 103rd Civil Engineer Squadron. "We watched and when folks were not in an area we set one. The idea is for people to check the area for anything out of the ordinary and recognize what is suspicious, tampered with ... trying to get people to be observant was the point."

Airmen from the 103rd Fighter Wing responded well and learned from the experience, more training is on the horizon as are future deployments.

"When we are called ... we can draw on the lessons learned in valuable training like this," said Swift.

Veterans Housing and Benefits Bill signed into law

U.S. SENATE COMMITTEE ON VETERANS' AFFAIRS PRESS RELEASE

(Washington, DC) Legislation to help servicemembers and veterans with their housing and other benefit needs was signed into law today (Thursday, June 15) by President Bush.

"I am very pleased that this legislation, S. 1235, the 'Veterans' Housing Opportunity and Benefits Act of 2006' was adopted with unanimous support in both the House and Senate," said the bill's sponsor, U.S. Senator Larry Craig, who chairs the U.S. Senate Committee on Veterans' Affairs.

"Provisions of this legislation will help improve the lives of servicemembers returning from the Global War on Terrorism, especially those who have severe disabilities."

Among its many provisions is one which authorizes VA to make grants available to assist with housing adaptations at a family member's home in which a severely disabled servicemember is temporarily residing.

The grants range from between \$2,000 and \$14,000.

"Until today, severely disabled veterans had to own their own homes to qualify for adapted housing grant assistance from VA. But that doesn't make sense for many young men and women, some of whom may live with their parents after sustaining life-altering injuries. We have made an important change in the law," Craig said.

The legislation will also allow servicemembers, those who have been legally determined to be totally disabled at the time of their separation from the military, to have up to two years from their separation date to apply for premium-free Servicemembers' Group Life Insurance coverage. More importantly, the legislation will enable them to convert their coverage to Veterans' Group Life Insurance, or an individual plan or policy, during the same two-year period.

"Taking advantage of the conversion option is especially critical for totally disabled servicemembers who, because of their disabilities, may not be insurable at competitive commercial rates after military service," Craig said.

The bill includes language crafted by Craig's Idaho colleague, U.S. Representative Mike Simpson (R-ID), to help veterans gain employment.

The Veterans' Housing Opportunity and Benefits Act of 2006 reflects a compromise agreement reached between House and Senate Committees on Veterans' Affairs on a host of veterans' benefits provisions cleared by either body of Congress during the first session of the 109th Congress. It received overwhelming bipartisan support, and the Idaho Republican was lavish in his praise of his colleagues.

"Senator Daniel Akaka (D-Hawaii) provided his customary – and indispensable – cooperation and leadership. He and his staff worked very closely with me and my staff to shepherd the original legislation through the Senate, and then worked together with our House colleagues on this compromise. Veterans in Hawaii should be proud to have Senator Akaka at the helm. And I am proud to have him as the Committee's Ranking Member," Craig said.

He also praised House Veterans' Affairs Committee Chairman Steve Buyer and members of the House, both Republicans and Democrats, for their efforts in successfully passing the bill.

"Working together, we're able to do good things for the veterans of this nation," Craig said.

Commander's Corner



Victim Advocates needed CTNG Sexual Assault Prevention and Response Program

CAPT. AMY FLYNN
STATE EQUAL EMPLOYMENT MANAGER

The Department of Defense defines sexual assault as "...intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent. It includes rape, nonconsensual sodomy (oral or anal sex), indecent assault (unwanted, inappropriate sexual contact or fondling), or attempts to commit these acts. Sexual assault can occur without regard to gender or spousal relationship or age of the victim. 'Consent' shall not be deemed or construed to mean the failure by the victim to offer physical resistance. Consent is not given when a person uses force, threat of force, coercion, or when the victim is asleep, incapacitated or unconscious" (DoD Directive 6495.01, October 6, 2005).

The Connecticut National Guard is fully committed to the prevention of sexual assault and assisting victims in the event that it does occur. Volunteer Victim Advocates play a vital role in helping victims and survivors of sexual assault get the care and assistance they desire, through the utilization of local community resources.

The role of a Victim Advocate is to provide crisis intervention, referral and support to the victim of sexual assault. This may include providing information on available community options and resources so they can make informed decisions.

Victim Advocates may also accompany a victim, at the victim's request, during investigative interviews and medical examinations.

Victim Advocate volunteers will be trained by the Joint Force Headquarters Sexual

Assault Response Coordinator. Volunteer Victim Advocates will receive training on current sexual assault statistics, how to effectively offer support to a victim/survivor, and locally available community resources.

Serving as a Victim Advocate is **not** a full-time position. It is a collateral duty only. Those interested in volunteering as a Victim Advocate, within their respective National Guard units, may be traditional, technician, or AGR members of the Connecticut National Guard.

They must be qualified officers (CW2/1Lt or higher) or NCOs (staff sergeant or higher). If you are interested in volunteering to serve as a Victim Advocate please notify your respective military chain of command. Contact information should then be forwarded to Capt. Amy Flynn at (860) 878-6718 or amy.flynn@us.army.mil.

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First Company Governors Foot Guard

Second Company Governors Foot Guard

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Stand up

Your alarm goes off, you hit the snooze and sleep for another 10 minutes.

He stays up for days on end.

You take a warm shower to help you wake up.

He goes days or weeks without running water.

You complain of a "headache", and call in sick.

He gets shot at, as others are hit, and keeps moving forward.

You put on your anti war/don't support the troops shirt, and go meet up with your friends.

He still fights for your right to wear that shirt.

You make sure you're cell phone is in your pocket.

He clutches the cross hanging on his chain next to his dog tags.

You talk trash on your "buddies" that aren't with you.

He knows he may not see some of his buddies again.

You walk down the beach, staring at all the pretty girls.

He walks the streets, searching for insurgents and terrorists.

You complain about how hot it is. He wears his heavy gear, not daring to take off his helmet to wipe his brow.

You go out to lunch, and complain because the restaurant got your order wrong.

He does not get to eat today.

Your maid makes your bed and washes your clothes.

He wears the same things for months, but makes sure his weapons are clean.

You go to the mall and get your hair redone.

He doesn't have time to brush his teeth today.

You are angry because your class ran 5 minutes over.

He is told he will be held an extra 2 months.

You call your girlfriend and set a date for that night.

He waits for the mail to see if there is a letter from home.

You hug and kiss your girlfriend, like you do everyday.

He holds his letter close and smells his love's perfume.

You roll your eyes as a baby cries.

He gets a letter with pictures of his new child, and wonders if they'll ever meet.

You criticize your government, and say that war never solves anything.

He sees the innocent tortured and killed by their own government and remembers why he is fighting.

You hear the jokes about the war, and make fun of the men like him.

He hears the gun fire and bombs.

You see only what the media wants you to see.

He sees the bodies lying around him.

You are asked to go to the store by your parents. You don't.

He does what he is told.

You stay at home and watch TV.

He takes whatever time he is given to call and write home, sleep, and eat.

You crawl into your bed, with down pillows, and try to get comfortable.

He crawls under a tank for shade and a 5 minute nap, only to be woken by gun fire.

You sit there and judge him, saying the world is a worse place because of men like him.

If only there were more men like him

Rendering Final Honors matter of pride, respect

STAFF SGT. STEVE MARKOWSKI
65TH PCH

With our World War II veterans aging, and Korean War veterans not far behind, military organizations such as the Connecticut National Guard are working to make sure that any veteran who passes away is appropriately rendered military final honors.

Each deceased veteran is entitled to a military funeral, complete with a Military Funeral Honors Squad, and a flag to drape the casket. Among the most important duties of a Military Funeral Honors Squad is to properly fold and present that flag to the family of the veteran. It is also a high honor for a Guardsman, according to those who do it on a regular basis.

"It's an honor to perform this duty for the veteran at the ceremony," said 1st Sgt. John Smith, a member of the Connecticut National Guard's Military Funeral Honors Squad.

"It's a lot of self satisfaction, being able to present the family with the flag that their loved one earned while serving the country," said Master Sgt. Gary Salmon, also a member of the squad. Salmon recently earned national certification to train fellow Guard members in rendering proper military final honors.

Upon completing the National Guard Bureau's Honor Guard "Train-the-Trainer" course held in Arkansas, he was presented with a saber and is authorized to wear the "honor guard" shoulder tab on his uniform. He said he is looking forward to training more Connecticut Guard members in performing this type of tribute to fellow veterans in the state.

The State Military Funeral Honors Office has six full-time members, but needs part-time members from throughout the state who are available on short notice. The team, which faces the task of providing this

service at cemeteries throughout the state, is looking for participants willing to pay last respects to veterans who have passed on.

"We are looking for M-Day Soldiers to participate in this program. As long as they are qualified to be Soldiers, they will be qualified to do this – as long as they go through our training," Salmon said.

Part-time members of the Connecticut National Guard who have an interest in paying final honors to veterans have an opportunity through the Military Funeral Honors Squad. The team is looking for part-time (M-Day) Guard members to learn and meet the standards, and to be available to assist in rendering final honors as needed. Class A uniforms will be the uniform for a team, unless all participating team members have "dress blues." Those who do not have dress blues have a chance to get them at no cost.

"Those who work at a funeral will earn a full day of pay, plus a retirement point. And, after a Soldier works ten squads, we will be able to buy a 'dress blue' uniform for that Soldier," Salmon said.

Because NGB is encouraging states and territories to develop properly trained final honors teams, it is providing regular participants with a full set of dress blues to be worn at funerals, Salmon said. He adds that NGB wants all states and territories to learn and perform to the same standards, which have been set by Arlington National Cemetery. Connecticut is one of 30 states participating in this program.

Salmon became certified as an instructor in January, and has gone out regularly to train other Guard members in rendering final honors. Training sessions usually last about two hours. In addition to learning proper procedures for rendering final hours, trainers stress the importance of folding and presenting the flag to the family. Flags are folded with precision, with no red visible – just a portion of the star-adorned blue field.

"It's a one-time fold, so we try to get it perfect," said Smith. "That's what the family is going to remember."

"We don't get a second chance," Salmon added. "We have a lot of pride in our jobs."

Squad members will arrive at the cemetery with enough time to practice techniques and to survey the area in which they will be rendering final hours. Rehearsals are important, according to Salmon, especially



Master Sgt. Gary Salmon prepares to fold the United States flag toward his folding partner, 1st Sgt. John Smith. Salmon and Smith are members of the Connecticut Army National Guard Military Funeral Honors Team which performs the ceremonial flag folding and presentation of the colors to loved ones at a fallen Soldier's funeral. (Photo by Spc. Jordan E. Werme, 65th PCH)

because cemeteries are often set up much differently from one to another. Some areas allow more room to move, while others are quite cramped for squad members.

"We do a rehearsal. We walk around the area where the casket will be and we practice what we are going to do," Salmon said.

The standards set by NGB include some changes to the way final honors might have been rendered in the past.

"The first fold (lengthwise) is done over the casket. Then we side step away from the family – three steps," Salmon said. "Then we do the second fold, followed by the triangular fold."

A flag properly folded into a triangle will be sharp and crisp, with no portion of any of the 13 red stripes showing. "If any red is showing, the flag will have to be refolded. You don't want to do that," Salmon said.

A folder and presenter work together to make sure that the corners look sharp and that the cloth is tightly folded and secure. The folder passes the flag to the presenter, with proper salutes rendered. The flag is

passed with the triangle pointing away from the recipient.

A squad usually includes a flag folder, a flag presenter, a team leader and a bugler. Firing teams are usually provided by veterans' service organizations, although the State Military Funeral Honors Squad also has M-1 rifles available for the firing of final volleys at cemeteries.

"The NGB is trying to have all states perform this task to standard, so that the same military honors are rendered to all veterans in the country," Smith said.

For cremation services and calling hours, the flag is folded in advance and displayed on a pedestal of the deceased veteran's urn. In such cases, the squad stands off to the side.

Anyone interested in participating in training for the State Military Funeral Honors Squad can call Sgt. 1st Class Chris Beloff at 860-493-2773 or Command Sgt. Maj. (Ret.) Dan Norkun at 860-493-2718. The office is located in Room 210 of the State Armory, 360 Broad Street, Hartford.



1st Sgt. John Smith tucks in the ends of Old Glory while Master Sgt. Gary Salmon holds the flag. Salmon and Smith are members of the Connecticut Army National Guard Military Funeral Honors Team which performs the ceremonial flag folding and presentation of the colors to loved ones at a fallen Soldier's funeral. (Photo by Spc. Jordan E. Werme, 65th PCH)

On the Border

247th Engineer Detachment

deploys to U.S. – Mexico Border

Mission evolves from well-

drilling to road improvement

MASTER SGT. JOHN W. LANE
CTARNG

Nogales, Arizona — For the 247th Engineer Detachment, Annual Training 2006 began with the blinding flash of an arc-welder joining steel rails and the rumble of road-graders cutting into rough-hewn roads. For the second time since their April 2004 return from Iraq, members of the 247th were once again spending AT operating along the U.S.-Mexico border.

Originally tasked with a well-drilling mission, the unit found itself at the vanguard of the presidential directive ordering 6,000 members of the National Guard to deploy to the nation's southern border. According to unit member Sgt. Michael Robinson, working to secure the nation's border is an important mission for the Guard, especially when it comes to reducing drug-smuggling.

"I feel great working with the U.S. Border Patrol. Anything we can do to help reduce the amount of drugs coming across the border is a benefit."

The 247th training mission evolved quickly from well drilling to road maintenance and border fence construction after problems with well-drilling permits developed.

"Any disappointment with the loss of the well drilling mission was short-lived," said Staff Sgt. Matthew Collins, Detachment commander. "There is so much to do here that it was clear that the unit's other skills were in great demand, so we built a new mission around those skills."

The unit's road-maintenance mission was

designed to improve Border Patrol vehicle access and safety along a stretch of the border road near Nogales, Arizona. The heavily rutted road required the use of a bull dozer, a backhoe, and several road-graders.

"The section of road we worked on hadn't been touched by a grader in years. By the time we finish, our section of road will have a smooth surface, broader two-way access, and improved drainage," said Sgt. Ronald Smith.

The fence construction mission focused on eliminating vehicle traffic across sections of the border to allow the Border Patrol to direct their attention to other areas. In order to do this, an expedient (but extremely rugged) fence was constructed by welding together sections of old steel rail.

"It is amazing to see railroad steel forged in the 1890's recycled into border fence," said Spec. Rafe Walters, team leader for the welding project. "It is nice to get out of the state and provide our skills to literally help protect the border."

When asked about how he felt working with the Border Patrol, Walters said, "The BP has great people, but their job is overwhelming. Anything (we) can do to help them do their job needs to be done."

According to Collins, the 247th Engineer Detachment's enthusiastic transition from its original well-drilling mission to the road-maintenance and fence construction mission typifies the unit's enviable cohesion and *esprit de corps*.

"Taking on the horizontal mission has

allowed the 247th members to further develop their heavy equipment operating abilities and should serve us well as we prepare to convert the unit from a well drilling detachment to an asphalt team."

Looking back on another successful

mission for the 247th Engineer Detachment, Sgt. Michael Robinson may have said it best as he summarized the unit's AT experience with a very simple statement.

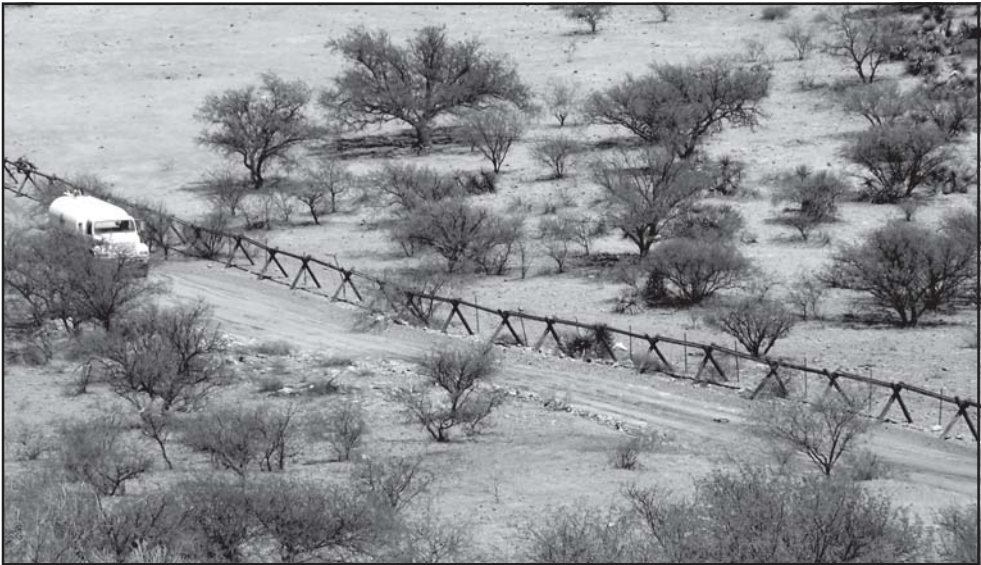
"This is why I am in the National Guard." Essayons!



Leaving their mark – 247th Eng. Det. plaque marks the unit contribution to the nation's border security. (Photo by Master Sgt. John Lane, CTARNG)



Spec. Rafe Walters, 247th En Det, prepares to fabricate steel rails into vehicle protection fencing for placement along the U.S.-Mexico Border. (Photo by Master Sgt. John Lane, CTARNG)



Dust control along a section of the vehicle barrier fence completed by the 247th Eng. Det. (Photo by Master Sgt. John Lane, CTARNG)



247th Eng. Det. members operate a road grader and backhoe along the U.S. Mexico border near Nogales, Arizona. (Photo by Master Sgt. John Lane, CTARNG)



North meets South – Border Patrol staff discuss the vehicle barrier construction project with a Mexican National. (Photo by Master Sgt. John Lane, CTARNG)

Paws, Tails, Soldiers - Oh My!

Connecticut Guard goes to the dogs - again

PVT. 2 KRISTIN A. ALDO
65th PCH

He joined the Connecticut National Guard's 102nd Infantry in 1917 and participated in 17 engagements in four World War I offenses.

Like other Soldiers, he received various badges and medals, but unlike other Soldiers, Sgt. Stubby received a brass-studded collar and a leather harness.

Sgt. Stubby was a dog, but he was more than just a mascot. He alerted members of the 102nd to mustard gas attacks, and he located and comforted sick and wounded Soldiers.

In doing so, Stubby became the first military working dog in U.S. history.

Sgt. Stubby's mounted remains now stand in the Smithsonian Institute. But, his legacy continues in his home state.

In late 2004, construction began in Newtown to convert an old piggery that closed in 1995 into a kennel for military working dogs. Now the kennel is finished, but needs a little touching up before it can be certified and the Connecticut Army National Guard can begin operating its first working dog unit, said Sgt. 1st Class Marc A. Pucinski, kennel master, 928th Military Working Dog (MWD) Detachment (Kennel Master Team).

Between May 2005 and January 2006, the CTARNG put together three units, the 928th MWD Det., the 11th MWD Det., and the 119th MWD Det., said Pucinski.

Unit personnel totals eight Soldiers, three of whom have already completed training to handle dogs and three who are awaiting seats to enter school, said Pucinski.

The training is an 11-week process that takes place at Lackland Air Force Base, Texas, said Sgt. Courtney E. Robbins, 11th MWD Det.

The training begins by teaching the Soldiers facing movements with the dogs and eventually leads into obedience training, aggression training, how to give proper commands, how to control a dog under gunfire, building searches and scouting, and how to detect explosives with the dog, said Robbins, who graduated as "Top Dog" and distinguished honor graduate of her class.

Robbins was hoping that she would be able to come back and share everything she had been taught with the newly formed units, but the units have not yet received dogs. The units hope to receive the dogs by the end of 2006.

In the meantime, the units have been finding ways to train without the dogs.

"The sub base has been very gracious with sponsoring us," said Pucinski, "although they (the Connecticut Guard's dog handlers) can't work directly handling the dogs, they learned a lot of the other aspects that go along with working with the dogs. Anything from kennel care to basic dog care, a little bit of first aid, and everything that goes along with it."

For their first annual training period, the units operated at Camp Rell, Niantic, working on basic Military Police combat training, said

Pucinski.

"Once we get dogs and get established we're going to be working with all different organizations, and we'll be deployed. And that's what I look forward to," said Robbins.

The dogs that the units will be receiving will be used specifically as patrol narcotics dogs. Eventually the units are looking forward to getting dogs that will be used

for explosive detection as well, said Pucinski.

"I hope to create a bond with my dog, and start working with him so we can get to know each other because that's not only my partner, but that's my battle buddy," said Robbins.

Now, nearly 80 years later, Stubby's legacy will be carried into the future by the Soldiers and working dogs of the 928th, 119th and 11th MWD Detachments – a new tradition of Soldier's best friend.



Sgt. Jennifer Sanderson and Sgt. Courtney Robbins are recent graduates of the Military Working Dog handlers course at Lackland Air Force Base in San Antonio, Texas. Sanderson is the first female national guard member trained in this program. Robbins was recognized for top dog and distinguished honor graduate. (Photo by Spc. Rebecca Reynolds, 65th PCH)



By direction of the Secretary of the Army, the Valorous Unit award is awarded to:

143d Military Police Company (Combat Support)

For extraordinary heroism in action against an armed enemy of the United States:

During the period 16 April 2003 to 31 January 2004 the 143d Military Police Company displayed extraordinary heroism in action against an armed enemy during Operation Iraqi Freedom. The Soldiers distinguished themselves in all actions, from the initial push through the desert, enroute to the capital city of Baghdad, to establishing a secure, free and democratic Iraq. Against an insurgent enemy, Soldiers in the unit worked tirelessly to provide a Iraqi security force and to improve the lives of its citizens after the fall of a tyrannical regime. Members of the unit enlisted all available resources to ensure the success of the Iraqi Police Force and the security of Coalition assets. Through unflinching tenacity, courage and gallantry unit personnel significantly advanced freedoms borders in the Middle East and were a valuable asset in the Global War on Terrorism. The heroic performance and devotion to duty of the Soldiers of the 143d Military Police Company are in keeping with the highest traditions of the military service, and reflect great credit upon themselves, the 18th Military Police Brigade and the United States Army.

Given under my hand in the City of Washington
this 28th Day of October 2005

Francis J. Harvey
Francis J. Harvey
The Secretary of the Army

143rd Military Police Company receives Valorous Unit citation



Soldiers and former Soldiers who deployed to Iraq with the 143rd Military Police rejoined the unit for the Valorous Unit award ceremony. (Photo by Spc. Jordan E. Werme 65th PCH)

Sanderson first National Guard dog handler in country

Spc. RYAN L. DOSTIE
65TH PCH

“Are you sure you’re suppose to be here?” was one of the first questions asked of Sgt. Jennifer L. Sanderson when she arrived for training at Lackland Air Force Base in San Antonio, Texas.

Sanderson, 24, is the first dog handler in the National Guard, country-wide, though she attributes this accomplishment more to timing than anything else. Once the initial confusion was cleared, however, Sanderson sais that a K-9 is a K-9, and the unit becomes a very close-knit family. She never felt out of place.

Sanderson attended a 12-week course at Lackland that involved all branches of the military and consisted of small classes with no more than 12 students in each class. The first month of training involved patrols, searches, gun fire, scouting, and basic obedience. Patrol work involves not only patrolling borders but also bite work and knowing how to use the dog when a suspect flees. Deploying the dog after the suspect is the next step down from firing your gun, says Sanderson.

“You can’t stop a bullet but you can stop your dog,” said Sanderson.

The second part of training involved narcotic detection, which ranges from cocaine, heroine and MDMA to hash and marijuana. The dogs are well trained in picking up the scent of these drugs and training often entails hiding narcotics somewhere within a room. The handler gives the command “seek,” and the dog, sometimes immediately after entering the room, will find the drugs and sit next to the area they are located.

The dogs are trained not to bark or react aggressively to the finding of the narcotics and neither are they rewarded with food. They are often given a toy as a reward.

Throughout the training, Sanderson worked with four different dogs: Ada, Barca, Lika, and Argo. Ada was the first dog with whom she worked, covering a period of six weeks.

“She’s great,” Sanderson added with a

bright smile. While the dogs are used to changing trainers often, it is the trainers that often become very attached to their dogs.

“They work so hard for you,” Sanderson says, it’s hard not to get attached. After she had to move on to the next dog, Barca, Sanderson tried hard not to become so bonded.

Sanderson originally joined the National Guard in Wisconsin as a Personnel Services Specialist in January 1999. She moved to Rhode Island to continue her professional horseback riding career, but moved to Connecticut with the intention of attending college. In 2001 Sanderson switched to the Connecticut National Guard and in 2003 she reclassified as Military Police, joining the 134th Military Police Unit. She is currently in the 119th Military Working Dog Detachment unit.

Her most recent deployment was to Louisiana for relief aid after Hurricane Katrina.

“The dogs would’ve been very useful in Louisiana,” said Sanderson, stressing the very when saying so. The civilian K-9 units get a lot of use out of their dogs, she said.

Sanderson has had much experience in working with dogs prior to her military training. Not only does she have her pet Bull Mastiff, a dog she rescued from an abusive environment, but she has also trained various breeds of dogs for obedience and services such as working dogs for the disabled.

She had been involved with this training towards the end of her enlistment when she heard of the Military Working Dog Detachment unit. She decided to stay in the National Guard and pursue this new career. Once her military career is over Sanderson says she would love to continue working with dogs. There are a lot of opportunities for contract dog handlers within the country as well as outside of it.

Sanderson is currently serving as Active Guard Reserve and living on the Groton Sub Base. The Connecticut Guard is hoping to have dogs of its own in the summer. In the meantime, Sanderson will be able to care and work with Britt, a nine-year-old German Shepard, at the Sub Base.

She will be in charge of his welfare, such as



Sgt. Jennifer Sanderson of the 119th Military Working Dog detachment speaks about her training in the Military Working Dogs handler course. Sanderson is the first female National Guard member trained in this program. The course is held at Lackland Air Force Base in San Antonio, Texas. (Photo by Spc. Rebecca Reynolds, 65th PCH)

feeding and brushing, and also his training. Once the National Guard dogs arrive, each trainer will be responsible for the training and care of one dog. The dog and trainer are expected to bond closely and the two will work exclusively together. When asked how she feels about receiving her own dog to work with, Sanderson broke into a wide grin. “I’m very much looking forward to it.”

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History repeats

2006

TUCSON, Ariz. — A small detachment of Connecticut National Guard Soldiers will arrive here Saturday to help with security on the U.S.-Mexico border but not as part of a 6,000-troop deployment scheduled to help the U.S. Border Patrol. In all, 10 members of the 247th Engineer Detachment, based in New London, Conn., will be working on road improvements and vehicle barrier construction in the Nogales, Arizona area, said Lt. Col. John Whitford, communications director for the Connecticut Guard.

1916

In 1916, when President Wilson ordered troops to the Mexican border as a result of bandit attacks on American citizens, the war department regarded the National Guard of Connecticut to be one of the best trained and most efficient. President Wilson issued his mobilization order on June 18. Six days later the 1,100 men of the First Regiment were mobilized at Camp Holcomb, Niantic. On June 28 the troop trains left Niantic for the border, reaching El Paso Texas on Jul 2. Five days later the First Regiment was concentrated at Nogales, Arizona.

643rd MP Company protects and serves U.S. military personnel, families in Germany

CAPT. SANTO PIZZO
COMMANDER, 643rd MILITARY POLICE

The 643rd Military Police Company has 129 Soldiers deployed within four major areas in Germany. These areas are: Baumholder, Giessen, Friedburg and Darmstadt. The primary mission for the 643rd MP Company is civilian law enforcement (CLE). The unit provides a 24/7 Military Police force for each community.

Soldiers of the 643rd MP Company received a great deal of CLE training while at FT Leonard Wood (the unit's mobilization station) and upon hitting the ground in Germany. In addition to the basic topics associated with civilian law enforcement training, Soldiers of the 643rd MP Company have received training in first aid, CPR, patrol tactics, ethics, firearms training and unarmed self-defense.

The Soldiers have responded to various calls while on the road. Soldiers of the 643rd have delivered a baby, settled domestic disputes, apprehended violent felons, processed DUI's, responded to numerous traffic accidents, emotionally disturbed person calls and had the heart-felt pain of

processing child abuse/neglect complaints.

A large portion of the 643rd MP Company is also committed to volunteer service. Soldiers have taken the lead in volunteering for programs such as the Boys Scouts, school mentorship programs, the BOSS-Better Opportunities for Single Soldiers-Program, and also coach after school sports teams.

The 643rd has forged a partnership with the German Polizei and, on special occasions, have conducted joint patrol operations. This partnership is rewarding and has led to positive professional development as well as new friendships.

No day is the same for the Soldiers conducting CLE operations. One day may be quiet, responding to a few burglar alarms or motor vehicle complaints. The next day we may be responding to and investigating a serious motor vehicle collision and then delivering a bouncing baby boy!

The Soldiers of the 643rd Military Police Company are dedicated to providing the absolute best civilian police services to the Soldiers and their families assigned to the U.S. Army Garrison - Hessen!



Staff Sgt. Carlton Overton training with the Military Working Dogs. (Photo courtesy Capt. Santo Pizzo, Commander 643rd MP Co.)



643rd Soldiers at the pistol range conducting qualification with the M9 Pistol. (Photo courtesy Capt. Santo Pizzo, Commander 643rd MP Co.)



643rd Soldiers receiving an overview of the MP patrol vehicle by a Civilian Law Enforcement Instructor. (Photo courtesy Capt. Santo Pizzo, Cdr., 643rd MP Co.)



643rd Soldiers conducting driver's training on the MP patrol vehicle. (Photo courtesy Capt. Santo Pizzo, Commander 643rd MP Co.)

MP transformation to increase capabilities, opportunities

Sgt. 1st Class Debbi Newton
State Public Affairs NCO

(Editor's Note: This is the fourth in a continuing series of articles on Army Transformation and how it affects the Connecticut Army National Guard and its Soldiers.)

"Transformation" has become a common word in the Army vocabulary of late. It means change for the Active component, the Reserve and the National Guard. It means restructuring units, some with long histories, and it means retraining Soldiers.

It means all that for the Military Police, Field Artillery and Chemical communities within the Connecticut Army National Guard, and more.

Connecticut has seen much of that change already, and has more to come. But not all change is bad.

"We have been looking for a Military Police command and control unit for a long time," said Col. Thomas Stefanko, Connecticut Army National Guard J-3. "This gives us that."

Several years ago, the 192nd Field Artillery Battalion folded its colors and was reborn as the 192nd Chemical Battalion. Now, through the Army Transformation process, the battalion will be redesignated as the 192nd Military Police Battalion. The restructuring and resulting new units will mean many more opportunities for Soldiers to advance through the ranks and have longer, even more diversified, careers.

Units that fall under the 192nd Military Police Battalion include two Military Working Dog units, (the first of their kind in the Army National Guard nationwide), a kennel master detachment, a Law and Order detachment, and three Interment and Resettlement units.

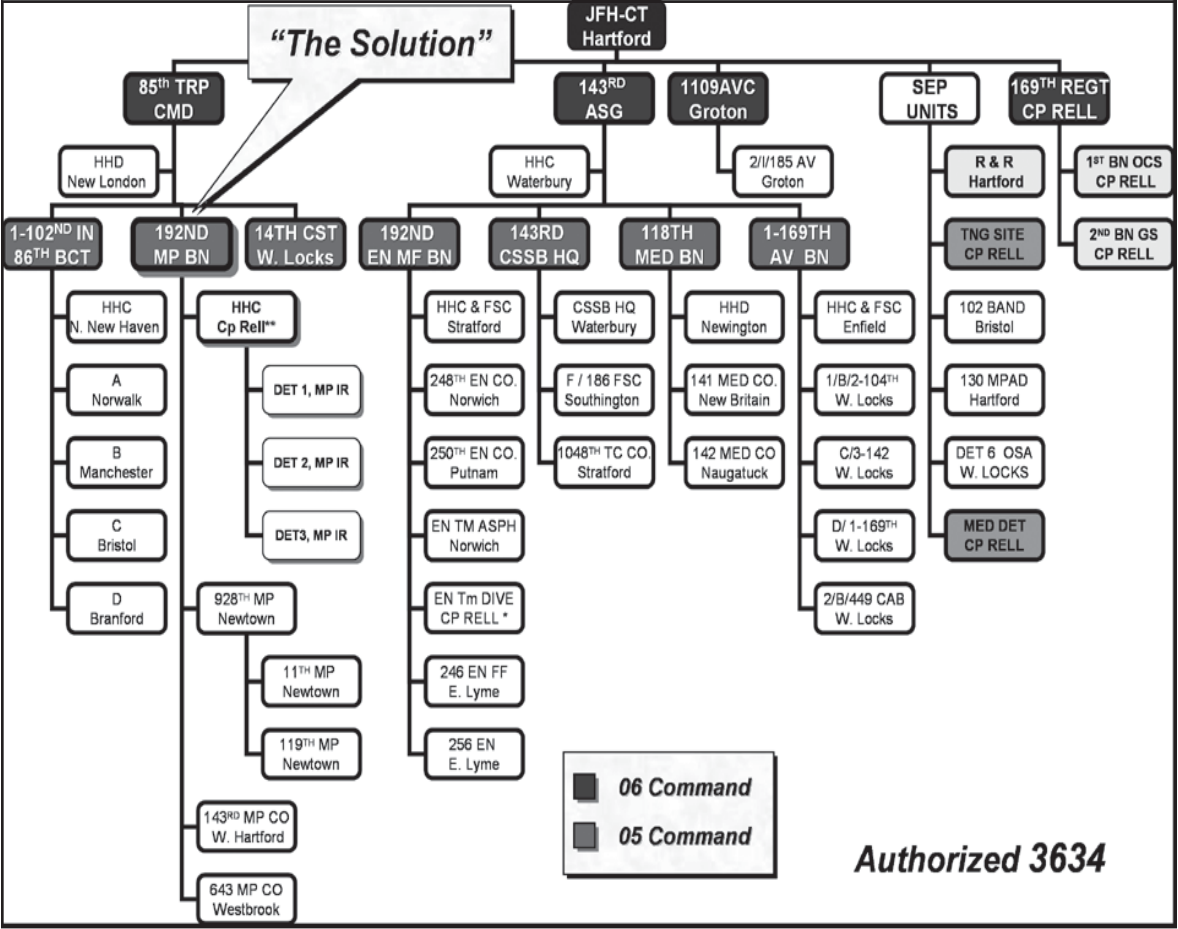
The MP battalion headquarters will be located at Camp Rell, in Niantic after a Readiness Center is built there. Construction on that facility is planned for 2008.

A Law and Order Detachment will also be housed at Camp Rell and will be made up of mostly senior ranks whose mission will be along the lines of Provost Marshalls.

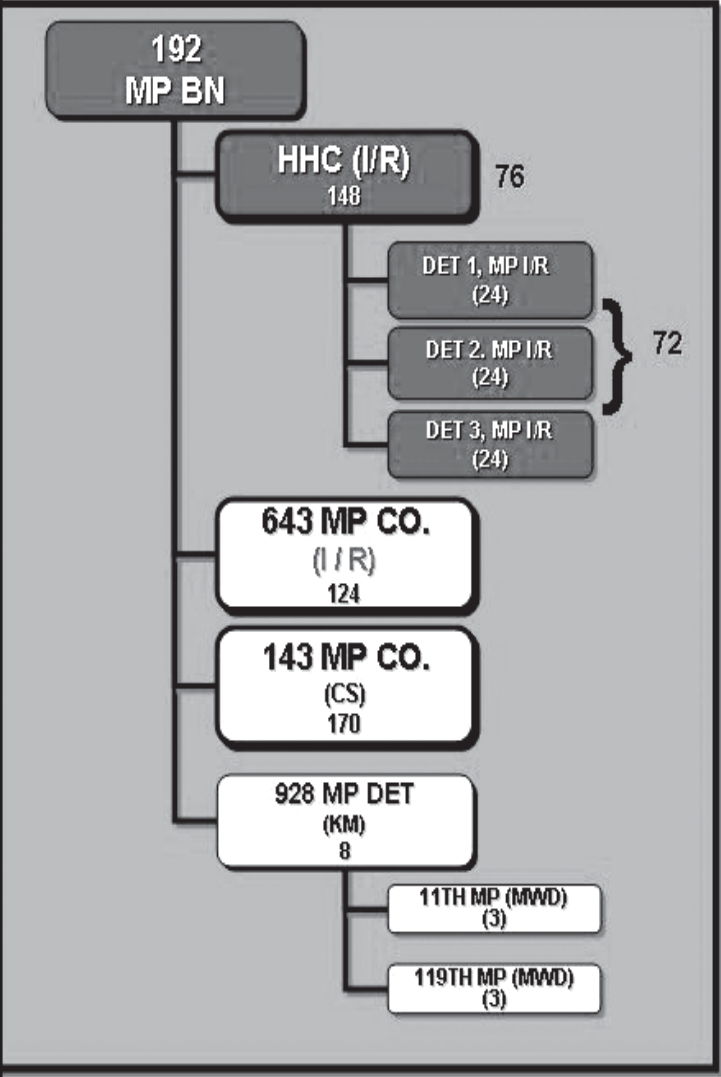
Other units that fall under the battalion umbrella include the 143rd Military Police Company, a unit with a long history in the Connecticut National Guard to include deployments during the Desert Shield/Storm and Operation Iraqi Freedom; the 643rd Military Police Company, deployed to Germany and conducting Civilian Law Enforcement missions; and the 134th Military Police Company, of which a platoon is scheduled to deploy later this month.

The 643rd and the 134th, along with the Military Working Dog units and the Kennel Master are all new units that have grown under the Army Transformation plan.

"We now have a structure that supports normal career progression all the way to the Battalion headquarters," said Stefanko. This is something that had been missing when the 143rd MP Company was the sole military police unit in the state.



SOLUTION - Unit Profile: MP Bn



HHC MP Battalion (I / R)
Mission: Provide

- Command and Control (C2),
- Staff Planning,
- Personnel Services
 - (Limited Finance, Ministry, Medical),
- Logistical Support
 - (Supply, Field Feeding Services, Limited Facility Maintenance)

for the Operation of
an Internment Facility for : U.S. Military Prisoners; or Enemy Prisoners of War / Civilian Internees (EPW/CI); or High-Risk Detainees of War (HRD);
or a facility for the Protection and Life Support of Dislocated Civilians.

MP (I/R) Detachment
Mission:

Provide augmentation for HHC MP BN I/R for Supervision, Administration and Logistical support for the operation of either an Internment Facility for EPW or a Resettlement Facility for Displaced Civilians.

Authorized 450

State air surgeon receives Connecticut brigadier general commission

2ND LT. JEFFERSON S. HEILAND
DEPUTY PUBLIC AFFAIRS OFFICER, 103RD FIGHTER WING

The State Air Surgeon was awarded the rank of brigadier general in the state of Connecticut at a retirement ceremony June 4.

Col. Joseph M. Zompa, state air surgeon, Connecticut Air National Guard Headquarters, drew a military career to a close that spanned a period of more than 35 years. Several family members, friends, and a large formation of airmen from the 103rd Medical Group attended the ceremony, which included a ceremonial flag folding performed by the Base Honor Guard.

Brig. Gen. Daniel R. Scace, joint force director, Connecticut Joint Force Headquarters, hosted the ceremony and spoke about Zompa's character.

"He is a very dedicated man. He is a man of integrity; a very strong person...who understood the right thing and was determined to do it," Scace said.

Zompa began his career performing four years active duty enlisted as a radar operator and served in Vietnam, Thailand and Korea. He received his commission in 1976 and served the Air National Guard in Rhode Island, New Hampshire and California before coming to the 103rd Fighter Wing.

He served with the 103rd for 14 years after moving to Connecticut to assume the medical director position at Sikorsky Aircraft in Stratford.

For the past seven years, Zompa has been the medical director for G E Healthcare and has commuted for each monthly drill weekend from his residence in Pewaukee, Wis. with nearly perfect attendance.

"I missed one drill because of weather. No flight (was available). I got stranded someplace (en route)," he said.

Zompa said that the most memorable moments from his time with the 103rd FW came from his deployments with the troops



Brig. Gen. Daniel R. Scace (left) presents Col. Joseph M. Zompa (center) a certificate of promotion to Brigadier General - Connecticut as the colonel's father Joseph J. Zompa (right) looks on. (Air Force photo by 2nd Lt. Jefferson S. Heiland)

to Ramstein Air Base in the early 90s.

"We were at the aeromedical staging unit, so we're catching the people coming off the desert still wearing the sand and doing triage on the (troops). Everybody's pumped, working 12 hour shifts and people just don't want to go home because they're so pumped about what they're doing," he said.

Zompa started the pattern of wearing a blue suit in the Cub Scouts, then the Civil Air Patrol, and, finally, the Air Force. Joseph J. Zompa, the colonel's father, said that he

remembers another proud day when his son won the pinewood derby.

"He sees everything as a challenge. We couldn't use any lubricant (on the model car), so we used highly-polished nails...to get the speed," he said.

"I'm just proud of all my family. I've been very, very fortunate. Some people work very hard and it doesn't turn out, but I've been lucky that (all my family has been successful)," he said.

Zompa will return to Wisconsin to serve

as the Air Force Academy Liaison Officer. In the new position, he will be recruiting for the ROTC and Air Force Academy programs in local high schools.

Zompa received the rank of brigadier general because under the General Statutes of Connecticut, section 27-53, an officer of the armed forces of the state with 20 years or more service may be commissioned to the next higher grade and placed on the retired list at that rank.



102nd commander visits his company in Afghanistan

Capt. Christopher Strong, Commander HHC 1st Bn. 102nd Infantry BCT visited some of his Soldiers in Khowst, Afghanistan. Front Row: Staff Sgt. Wilfred Vachon, Capt. Christopher Strong, 1Lt. Steve MacSweeney. Back Row: Staff Sgt. Gerald Vanacore, Spc. Louis Garcia, Spc. Ronald Pitcher, Sgt. 1st Class William Kenyon, Spc. Patrick Rubino, Staff Sgt. Ryan Vedrani, Spc. Edwin Santiago. Kenyon and his platoon send their best wishes to all the family members of the 1-102IN. (Courtesy photo)

Another Connecticut flag to fly in Iraq 143rd CSSB deploys

Spc. REBECCA REYNOLDS
65TH PCH

Representing three states and more than 40 Connecticut states and towns, the Soldiers of the 143rd Combat Sustainment Support Battalion are deploying in support of Operation Iraqi Freedom. The Waterbury-based unit was honored with a send-off ceremony June 15 at the Waterbury Armory.

"You are our neighbors, our employees, our sons, our daughters, our brothers and sisters. More than anything else, you are Connecticut," said Gov. M. Jodi Rell. After showing pictures of the state flag flown by Charlie Company, 1st Bn., 102nd Infantry in Fallujah, Iraq, Rell said, "Whenever one of our units go I want to make sure that the Connecticut flag is flying proudly." Rell presented a State of Connecticut flag to the unit to be flown in honor of its home state.

Seven Soldiers from the 143rd were recognized for their service to the National Guard with a promotion. Rell, Maj. Gen. Thaddeus Martin, adjutant general and State Command Sgt. Maj. Raymond Zastaury pinned the new rank on each of the Soldiers. The promotions ranged from private first class to sergeant first class. Each Soldier was congratulated as the new addition to his uniform was applied.

In addition to the honors and recognition of the 143rd and its Soldiers, the family members of those deploying were not forgotten.

"I come from a family of military personnel," said Rell. "I had three brothers in different branches. I married a Navy guy... I understand what it's like for the family members. You're suddenly faced with all of the responsibility. You're looking at paying all the bills, minding the children, looking after the house, looking after all of the yard work, everything that has to be done. But we're here to help you as well ... we will be there to support you every step of the way. You have the outpouring of support from your community, and all of you will remain in our thoughts and prayers."

"There are many things you have to prepare for and to do," said Sgt. Jose Camacho. "Most of it is preparing ourselves spiritually."

Camacho, one of the Soldiers promoted, returned from a volunteer deployment with the 208th Personnel Service Detachment in December and is now preparing to deploy again.

"I'm happy because he's serving his country and I support him," said Camacho's wife Julie, "I'm sad because he's not going to be around."

Staff Sgt. John Sanchez and newly promoted Sgt. Raquel Sanchez of the 143rd

aren't worried about leaving a spouse behind. They will be celebrating their first anniversary July 1 at Fort Dix, New Jersey during the unit's pre-deployment training. The couple met while preparing to deploy to Bosnia with the 143rd Forward Support Battalion in September 2001, although this is their first deployment together. Raquel looks forward to it.

"It's just another thing that we do. I've been in the military 11 years, he's been in nine. It's just part of our lives," said Raquel. John Sanchez had previously deployed to Afghanistan without Raquel. She recalled that absence made the heart grow fonder.

Sgt. Christopher Couture will be leaving his wife Melissa, son Nathan, 8, and daughter Kaitlyn, 5, behind when the unit deploys.

"Sure it's tough to leave the kids behind and everything else, but I just focus on what I gotta do. Whatever that job is they're telling me to do, I just focus on that 100 percent and I'll think about family later on. The more time you spend focusing on the mission and the more you keep yourself busy the less time you're sitting concerned about the things back home, and it makes the whole thing a little bit easier," said Couture.

Couture, a wheeled vehicle mechanic, deployed with the 143rd in 2001 in support of Operation Joint Forge in Bosnia-Herzegovina. Couture enjoyed that deployment and looks forward to experience of deploying to Iraq.

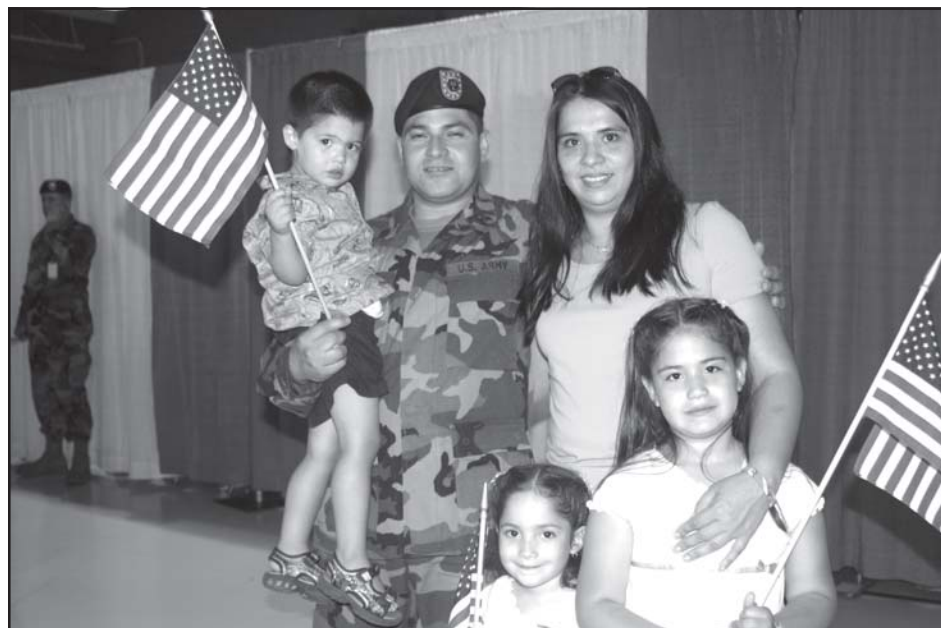
"We've already helped these people make great strides as far as government and elections and things like that. Part of our mission is also to support and train up some of the Iraqi forces. That'll be a good experience as well. I'm really excited about that."

"I can assure you that these fine Soldiers are prepared and ready," said Martin. "They, like you, are warriors and patriots, and as such will make us all proud."

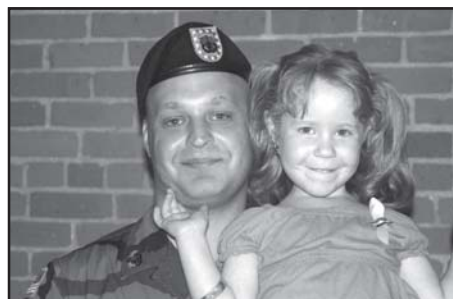


Sgt. Raquel Sanchez and Staff Sgt. John Sanchez, 143rd CSSB, will deploy in support of Operation Iraqi Freedom. The couple will celebrate their first anniversary

while participating in pre-deployment training at Fort Dix, New Jersey. (Photo by Spc. Rebecca Reynolds, 65th PCH)



Sgt. Jose Camacho of the 143rd CSSB celebrates his promotion with his wife Julie, son Joshua, 2, and daughters Stephanie, 5, (left) and Samantha, 7. Camacho was promoted along with six others during the unit's send off ceremony June 15 at the Waterbury Armory. The unit is preparing for a year long deployment in support of Operation Iraqi Freedom. (Photo by Spc. Rebecca Reynolds, 65th PCH)



Sgt. Christopher Couture holds his daughter Kaitlyn, 5. Couture will be deployed for a year in support of Operation Iraqi Freedom. A send off ceremony was held at the Waterbury Armory. (Photo by Spc. Rebecca Reynolds, 65th PCH)



Stephanie Camacho, 5, supports her father Sgt. Jose Camacho of the 143rd CSSB during the unit's send off ceremony June 15. The unit is preparing for a year long deployment in support of Operation Iraqi Freedom. (Photo by Spc. Rebecca Reynolds, 65th PCH)



Gov. M. Jodi Rell presents the 143rd CSSB with the Connecticut state flag at the unit's send off ceremony at the Waterbury Armory June 15. Rell wants a state flag flown proudly wherever Connecticut troops go. The unit is preparing to support Operation Iraqi Freedom with a year long deployment to Iraq. (Photo by Spc. Rebecca Reynolds, 65th PCH)



Giving back to their adoptive country, Connecticut National Guardsmen heading off to help another country

SPC. JORDAN E. WERME
65TH PCH

American forces fighting in the Middle East has been a part of life for much of the last 15 years, since Operation Desert Storm in the early 1990s. With the juxtaposition of American Soldiers, Airmen, Marines and Sailors in a foreign land, one aspect of military life that is often overlooked is the culture shock of discovering life in a new land.

For many Connecticut Guardsmen, this culture shock will not be as severe as it may be for others.

In a ceremony held at the Hartford Armory on June 24, hundreds of family, friends and supporters gathered to say goodbye and thank you to the more than 130 members of the 1048th Truck Company, who left the following morning for pre-mobilization training in Indiana before shipping out to Iraq in support of Operation Iraqi Freedom.

The Soldiers from the 1048th are used to

culture shock. The Soldiers are American citizens, but not all American-born. Among the Soldiers in the unit are men and women from many different origins, including Great Britain, Jamaica, Honduras, Haiti and others.

Staff Sgt. Carlos Avila, truck driver, 1048th, was born in Honduras and has made the United States his home for more than 30 years.

"It's a different life," he said. "I've seen people in the streets in Honduras. You get used to it."

Having experienced life in Honduras, Avila says he is better prepared for what he will see in Iraq.

"The culture is very different, but I'll go wherever they ask me to," he said.

Spc. Kiven A. McLaughlin, armor supply, 1048th, came to the U.S. from St. Thomas, Jamaica, and now makes his home in Bridgeport. Serving his adoptive country has been a very fulfilling experience for him.

"American citizens are fighting for their

country and to help their families," he said. "Without [Soldiers] we would not have the United States. Serving my country gives a feeling of great pride, honor and courage. I'm very comfortable with [what I'm being asked to do while on] deployment."

Born in Yorkshire, Great Britain, Sgt. Greg Harrison has served the United States in both the Navy (10 year active duty) and now the Army National Guard. This is the first National Guard deployment for Harrison, but not his first overseas duty.

Harrison's wife, Chris, is now being forced to recall the emotions brought up during her husband's previous missions.

"It's like putting on an uncomfortable outfit again," she said. "You know you won't like it, but you also know you'll get through it. I'm going to miss the heck out of him."

There are always reservations among family of deploying Soldiers, especially those whose loved ones are fighting for a country not originally their home.

"It's a sad feeling," said Rony Avila, brother of Staff Sgt. Avila, "but it is what it is. This is how he can give back some of what has been given to us."

With his deploying son translating, Vidal Avila, a veteran of the Honduras military, expressed his pride in his son's actions.

"I was happy when he joined," he said. "I would go myself if I could."

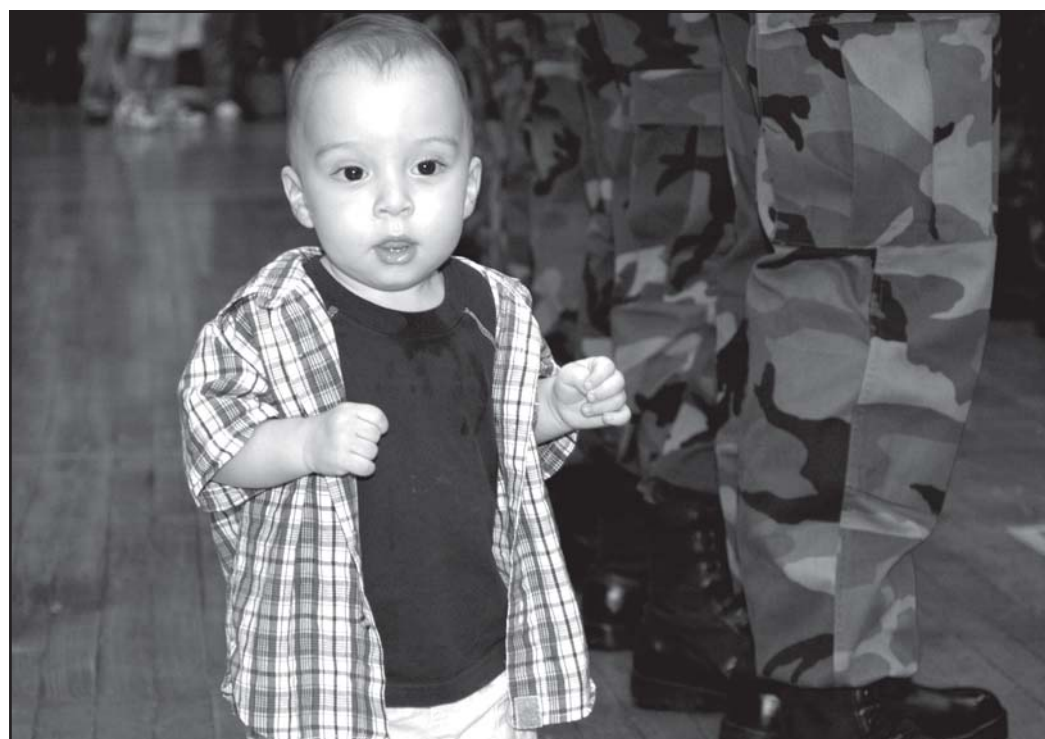
"I'm proud of Greg and the unit," said Chris. "I can feel the camaraderie."

"I really don't worry," said Sgt. Harrison. "My wife is a strong person and I'm going to be with a very capable bunch of people. They are literally like family."

The extended family of the 1048th will be extended a little farther over the coming months, but for a group who's Soldiers come from around the globe, anywhere they find themselves won't be too far from home.



(Left) Chris Harrison, Sgt. Greg Harrison and Spc. Kiven McLaughlin enjoy a few moments before the send-off ceremony for the 1048th Truck Company at the Hartford Armory, June 24. Harrison and McLaughlin are members of the more than 130-member unit that will be spending the next 12-18 months deployed to Iraq following training in Indiana. (Photo by Spc. Jordan E. Werme, 65th Press Camp)



(Right) 14-month-old Mateo Tyrrell, son of Spc. Becky Tyrrell, searches through the 1048th Truck Company formation following the official send-off ceremony for the unit held at the Hartford Armory, June 24. (Photo by Spc. Jordan E. Werme, 65th PCH)

Connecticut Military Department News

Foot Guard travels to Boston for June Day

SGT MARK BOUDREAU
1ST COMPANY GOVERNOR'S FOOT GUARD

After four dreary days of dampness, rain and clouds, June 5th turned sunny and cool as members of the First Company Governor's Foot Guard traveled to Boston to participate in the Ancient and Honorable Artillery Company of Massachusetts' (AHAC) activities associated with their annual June Day drum head election of new officers. Led by Executive Officer CPT William Oefinger, the Foot Guard members were in good spirits anticipating the large crowds, glorious weather and the opportunity to participate in the parade through the streets of Boston and review of the troops on Boston Common. Many Centennial Legion Units attend the June Day celebration, and this year was no exception. Connecticut was also represented by the Second Company Governor's Foot Guard and the First and Second Company Governor's Horse Guard units. The assortment of colonial and modern uniforms present was truly impressive said CPT Oefinger.

At the parade staging area outside Faneuil Hall, the AHAC armory, where lunch is provided for the participants, the crowds of visitors pass by. Some people look quizzically and take pictures from a distance

while others approach and ask general questions about the reason for the activities or about the Foot Guard itself, or just want their picture taken with some Foot Guards. The grenadier coats and busbies always lead to many questions about our unit. In this case, a picture really is worth a thousand words.

The parade formed up and marched through the streets of Boston to the Cathedral Church of St. Paul for the reading of the AHAC's necrology. Although few in number, the members of the Foot Guard band performed impressively and all Foot Guard members present did an outstanding job. While waiting for the church service to finish, SSG Mike Chiaro was approached by the bandmaster of the AHAC and asked to provide drum rolls during the reading of the names of those members who passed away during the past year, which he was more than happy to do.

Following the church service, the parade re-assembled and marched out onto Boston Common for the drum head election and battalion review. Because Massachusetts Lt. Governor Kerry Healy was in attendance, a 19 gun salute, provided by 3 Howitzers brought in for the occasion, thundered off of the walls of the buildings surrounding the Common. Following the trooping of the line and the ceremonial elections, all units paraded



Maj. Commandant Peter Jenkin of the Second Company Governor's Foot Guard and Capt. William Oefinger of the First Company Governor's Foot Guard discuss the day's activities with some First and Second Company members. (Photo courtesy Sgt. Mark Boudreau, 1st Co. Governor's Foot Guard)

past the reviewing stand and back to the hotel.

The day's official activities ended with a formal, and excellent, dinner in the hotel ballroom.

The First Company Governor's Foot Guard, established in 1771, is the oldest military organization in continuous existence in the United States.

Friends of the First Company GHG prepare for charity golf tournament



AVON, CT – Kicking off the Friends of the First Company Governor's Horse Guards' first annual charity golf tournament to benefit the Connecticut National Guard Foundation and other state-wide community events, Maj. Andrew Arsenault, commandant of the First Company Governor's Horse Guards, and his horse Colonel are joined by Tom Thomas, Executive Director of the Connecticut National Guard Foundation (2nd from right), Richard Belliveau, President of the Friends of the First Company Governor's Horse Guards (center) and Richard Morgenstern, Vice Chairman of the Golf Tournament Committee (right). The Tournament will be held Sept. 11 at the Chippanee Golf Club in Bristol. The Foundation provides financial assistance to Connecticut National Guard and Organized Militia members and families who are in need.

Tent practice



Members of the First Company Governor's Foot Guard, under the guidance of Assistant Chief Gary Allen (in the dark shirt) and Chief William H. Austin (in the white shirt) of the West Hartford Fire Department, set up a medical module as part of the Foot Guard's emergency response training. (Photo courtesy Sgt. Mark Boudreau, 1st Co. Governor's Foot Guard)

Recruiting, Retention approaches to get pot

STAFF SGT. PABLO RAVIZZOLI
RECRUITING AND RETENTION COMMAND

In a time when public opinion of our military presence in Iraq can be lukewarm at best, Recruiting and Retention become a challenge.

All across the country, Soldiers are not choosing to stay in the military as much as they would during peace time. The strains on family, careers and the idea of going on deployment to Iraq or Afghanistan have made Retention a more challenging task. Likewise, Recruiting has become tougher than in years past.

In attempts to spend taxpayers' dollars more efficiently, states are reviewed for strength and readiness.

States that do not spend their budgets well, states that do not fill their units, are always in danger of being "downsized" by the changing of force structures. This means that units can be deactivated, closed down permanently, so that another state that is efficiently turning taxpayer's dollars may better convert those funds into combat-ready units with the support needed to accomplish the state and federal mission.

What does that mean for Recruiting? It means that a Recruiter on the street has to find more and better ways to keep making positive contact with young men and women in their local communities who have what it takes to join the military team and take advantage of its benefits.

The types of events can be local. For example, the high school cafeteria display still remains one of the best ways to talk to young people and answer their questions. An appearance at a high school graduation is a similar idea.

Sometimes, the event can be statewide, drawing people from all over Connecticut, such as the BFL fishing tournament in Hartford on July 5-8 or the Kenny Chesney concert on July 27. Recruiters participate in recruiting events at the Connecticut Defenders and New Britain Rock Cats' games too, drawing some of the largest audiences in Connecticut.

Events can be simple or complex. For example, Recruiters visit classic car as well as tuner shows and truck fairs, where putting a military vehicle on display can get them a conversation with the groups of young people they may be looking for.

Other times the events have more involvement and support.

The Hoop-it-Up 3-on-3 basketball tournament on June 10 and 11 was just that kind of event. It was promoted by the National

Guard throughout the nation so it was well advertised, well organized and a great opportunity to get the Recruiting and Retention NCOs to get out there to keep the Guard strong, one new Soldier at a time.

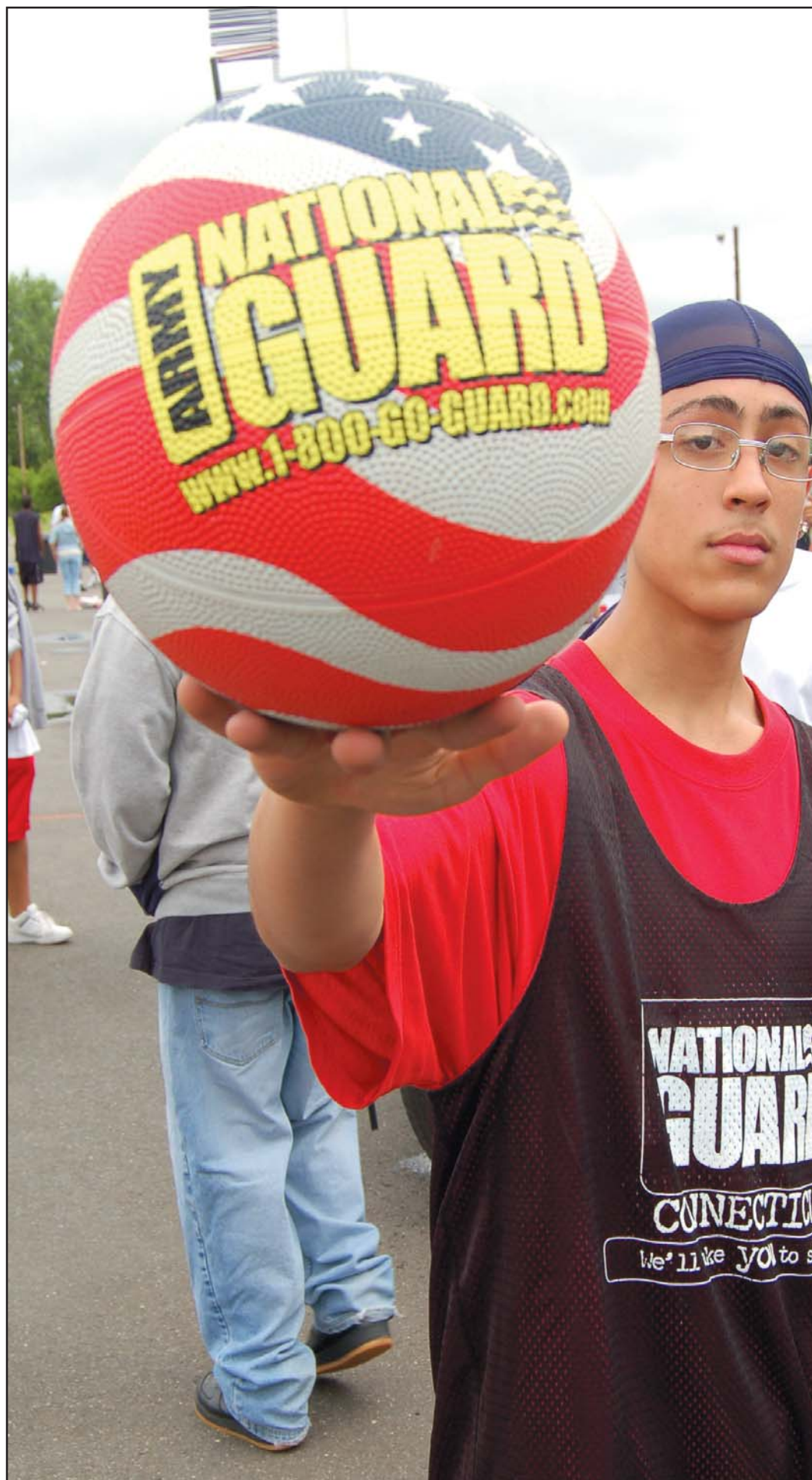
Staff Sgt. Christian Mines entered the competition and brought his team almost to the top in a solid run, with his team sporting Connecticut Army National Guard shirts showing off some National Guard Pride.

Recruiters like Staff Sgt. Drake Crosby, and Sgt. Sebastian Miano were out there talking to young people, presenting information and literature about the Guard as well as showing them a little bit of the camaraderie that comes from serving through some physical fitness challenges. They held vertical jump competitions, pull-up and push-up competitions that attracted many athletes to test their athleticism and talk about the Guard.

The Connecticut National Guard was mentioned over the loudspeakers as well as some of the benefits of being a Soldier. So with several approaches going on at the same time, recruiters were able to share a positive image and lot of information about joining the team as well as collecting some lead information to follow up with prospects.

Events such as the Hoop-It-Up 3-on-3 tournament are a small part of what a Recruiting and Retention NCO has to do in order to accomplish his or her mission. When most people are out having fun this summer, the local National Guard Recruiter will be out working to safeguard the future of some of our state's longest standing military organizations. Every day, they're out there making sure that if your unit is called up for a state or federal deployment, you can look left and right and see that there's someone there with whom to share the great pride and responsibility of being a Soldier in the Connecticut National Guard.

*Images of Hoop-It-Up by
Staff Sgt. Pablo Ravizzoli
R&R Command*



taking new and varied essential team members



Recruiting & Retention: Mission One

Young Soldier becomes 'Super Recruiter': Reaps G-Rap rewards

STAFF SGT. PABLO RAVIZZOLI
RECRUITING & RETENTION COMMAND

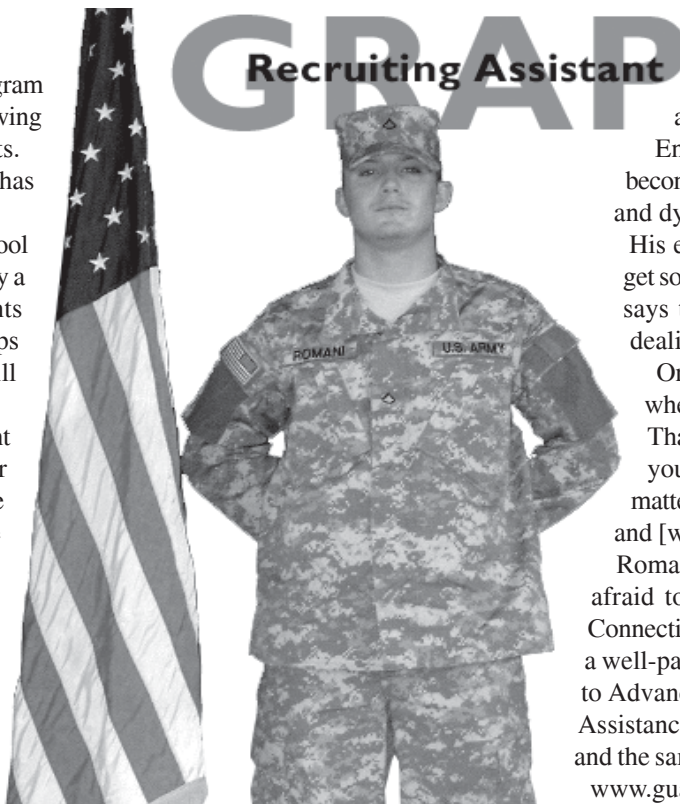
Since the beginning of the Guard Recruiting Assistance Program (G-RAP), the Connecticut Army National Guard has been growing in participation and recruiting has begun to reap the benefits.

Likewise, a young Soldier of the 250th Engineer Company has been enjoying those benefits in several ways.

Paul Romani, a recent graduate of Ellis Technical High School in Danielson, joined the Guard in May of 2005. He is currently a Private First Class (Pfc.) with four completed enlistments through G-RAP, which pays \$2,000 for new Soldier who ships to Basic Training. Romani has three more leads he hopes will go through within the month.

Before G-RAP came into existence, Paul had already brought three new Soldiers into the Guard and, through the Stripes for Buddies Program, he was twice promoted to become a private first class. He motivated eight other young people to join the Guard. Four of them were disqualified for different reasons and the other four have been enlisted. Now, with three more preparing to go through the enlistment process, the question has to be: what is he doing to find this much success?

In a telephone interview, Romani kept it simple. He said, "Relate to them." He brought up examples of young people who may not have all the opportunities that others have. He talks to people about the college benefits and the



personal benefits he enjoys being in the Connecticut Guard.

Nineteen-years-old and already working as a firefighter and a police dispatcher, Romani's decision to join the 250th Engineers in Putnam fit his plan to go to college and to become a police or corrections officer and it makes him an exciting and dynamic person to listen to.

His enthusiasm speaks to young people like him who want to get somewhere in life but need some tools to get there and Romani says that they're everywhere. He talks to people in his daily dealings, school, work, social gatherings.

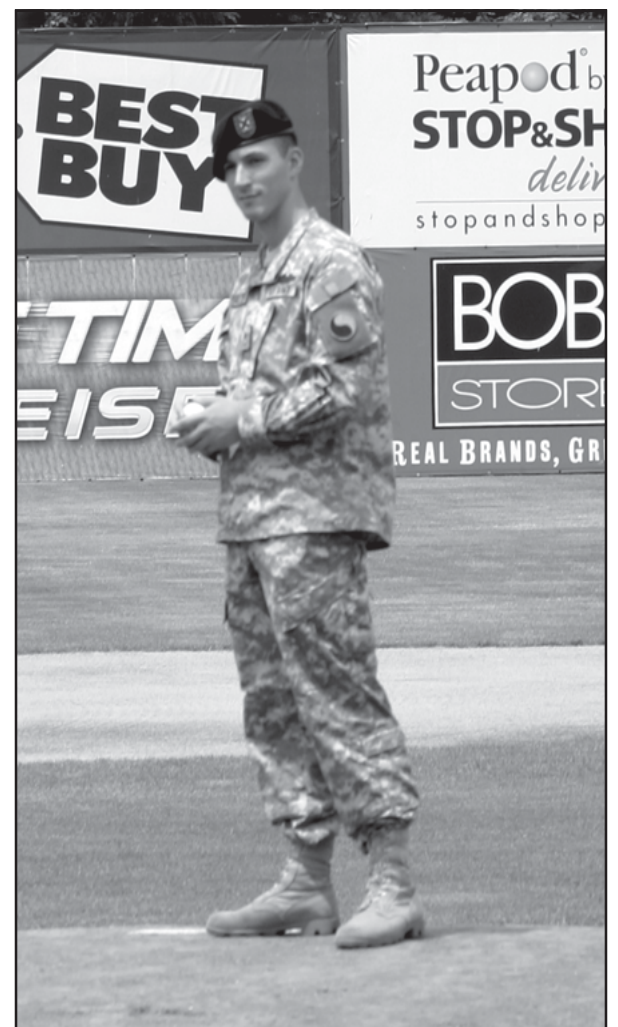
One time, he happened to be out fishing with his shirt off when someone noticed his dog tags and asked about the Guard. That person joined the Guard. When asked what he would tell young people about joining the guard, Pfc. Paul Romani said, matter-of-factly, "Make sure you're ready, get money for college, and [with emphasis] do something with your life."

Romani is a motivated Soldier and a straight-shooter who isn't afraid to share his good experiences and knowledge about the Connecticut Army National Guard. Thanks to GRAP, Romani is also a well-paid Soldier. (And a private first class who hasn't even gone to Advanced Individual Training yet!). With the Guard Recruiting Assistance Program, his success and the Guard's success are one and the same. Go Guard!

www.guardrecruitingassistant.com

Rock Cats host Army National Guard Day

The New Britain Rock Cats hosted the Connecticut Army National Guard at their stadium on July 2 to show their appreciation to the troops. The Connecticut Army National Guard Recruiting & Retention Command took advantage by having its Recruiting Humvee and Greg Biffle's race car on site. Staff Sgt. Pablo Ravizzoli (right) threw out the first pitch to start the game. Ravizzoli is a member of the R&R Team and a veteran of Operation Iraqi Freedom. Three thousand tickets were given to Connecticut Guardsmen so they could enjoy the game with family and friends. (Photos by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



July in Connecticut Guard History

COMPILED BY FRANK PERRY

REVOLUTIONARY WAR

1779 On the 5th: A second raid was made on the Connecticut coast. At dawn 48 vessels landed a force of 1,500 in West Haven and another 1,500 at East Haven. The objective was New Haven. The town was plundered and supply warehouses at Long Wharf were destroyed. (1)

CIVIL WAR

1861 On the 21st: Both the First and Second Regiments CVI, participated in the Battle of Bull Run. In this battle Confederate Brig Gen Thomas J Jackson was made famous by Brigadier Bernard Bee who, during the battle, pointed with his sword and said, "There is Jackson, standing like a stone wall! Rally behind the Virginians!" The battle resulted in Union forces retreating inside its defensive positions around Washington. (2)

1863 On the 3^d: Connecticut's 5th, 14th, 17th and 20th Regiments participate in the Battle of Gettysburg. The Confederacy sustained 30,000 casualties while Union losses totaled 23,000. (2)

SPANISH AND AMERICAN WAR

1898: After mobilization at Camp Haven in late June, 12 Companies of the Third Regiment are mustered into federal service. All units of the First Regiment return from various assignments around New York and New England and on 18 July depart for Camp Alger, VA. The Third Regiment escorted them to the train station. (3)

MEXICAN BORDER WAR

1916: Responding to Pancho Villa's infamous raid on Columbus, New Mexico, the First and Second Regiments were activated in June and during July depart for Nogales,

Arizona. Connecticut troops will serve on the border until mid-October. Troops were disappointed that they were not used for an attack against the Mexicans. No doubt the greatest benefit of the Mexican Border Mobilization was the results of four months of fieldwork, which prepared them for service in the World War.

WW I

WW II

1944 On the 15th: Troops of the 43d Infantry Division debarked elements on Aitape, New Guinea. They were immediately placed in a defensive line. The terrain consisted of jungle-covered coastal plains rising rapidly into the Torecelli mountain range. (6)

KOREA

BETWEEN THE WARS

1874: House Joint Resolution 221 approved 24 Jul. "Appointing Committee to examine sites for rifle range and for encampment purposes.: Resolved by this Assembly: "That the Adjutant General, Quartermaster General, and Brigadier General Commanding Brigade CNG are hereby authorized and empowered to examine sites for rifle range and encampment purposes for the use of the National Guard and report to the next General Assembly the best place for such purposes and the cost of the same." The search for a home was on. (4)

1882 on the 7th: The state purchased what was to be its first plot of land in the village of Niantic. Sixty-five acres were acquired by condemnation, the sum of \$8,031 being awarded the owners. Court costs were \$1,224. The Quartermaster General was directed to remove fences and erect suitable buildings for Artillery horses and for the storage of state property. These buildings were made substantial and are intended to be permanent. Plans were also made for mess quarters for each regiment. Additional parcels were purchased until 1894, the total expense for land has been \$17,505.11. (5)

1901: The Second Company, Governor's Horse Guard was redesignated as Troop A, Cavalry, Connecticut National guard. CPT Luzerne Ludington was commander.

1906: The annual 6-day encampment for the entire brigade minus the Coast Artillery and the First Regiment started on 9 Jul. The encampment was named Camp Cole in honor of the Adjutant General. The First Regiment participated in joint operations with the regular army at Mt Gretna, PA while the coast Artillery units trained at Fort H G Wright NY. There is the first mention of the Brigade rifle match being held at the East Haven Range. It was purchased this year. It has been a civilian range since 1863

(1) *In Search of Freedom, Connecticut Militia 1775 – 1781* CPT James R Duggan. Published by the 130th Public Information Detachment date unknown.

(2) *Free Man Shall Stand, The Story of Connecticut's Organized Militia;* Mark C Walsh. Published by The Connecticut National Guard Association 1991

(3) *Connecticut Men in the Army, Navy and Marine Corps of the United States in the Spanish-American War;* Published 1919 Case, Lockwood & Brainard Company

(4) Connecticut Special Acts, Volume 8, 1873 – 1877, page 260

(5) *The Connecticut Quarterly, an Illustrated magazine* Vol II Jan – Dec 1896

(6) *Winged Victory, The Story of the 43d Infantry Division 1941 – 1945.* 1946

FREE SPACE AND AVIATION DAY

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July 22, 2006

Gates open at 9:30 am

Three exciting venues:

- CT Air National Guard
- New England Air Museum
- CT Fire Academy

A benefit for the

Hole in the Wall Gang Camp

NEW... Space Race 5K

Starts at 8:00 am

Presenting Sponsor

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BRADLEY FamilyDay Incorporated

www.spaceandaviationday.org

Military Matters

Beware of Diploma Mills

CAPT. JEREMY LINGENFELSER
STATE EDUCATION OFFICER

In the past couple of months the entire Army education community has been put on alert to watch out for unaccredited degrees being presented to meet civilian education requirements. Here in Connecticut we have seen two presented to the education office. These unaccredited degrees come from unaccredited institutions, typically online, and claim to offer a soldier credit for “life experience.” Further, they claim they can give you a degree that is “accredited” by several organizations. For this service, they typically charge in the realm of \$300-\$600. In return, they give you a piece of paper that is worth about \$.05, probably less since it has a big ink stain on it.

This issue is extremely important to the education office. We are responsible for ensuring that all degrees on military records come from properly accredited institutions. When we have researched a degree and find it comes from an unaccredited university, we do not allow it to enter a soldier’s military record. Further, we inform the soldier’s commander that the soldier presented us with a degree and ask the commander to investigate the matter to determine if the soldier knowingly submitted an unaccredited degree with the intent of falsifying their military record. This charge is serious, but we must maintain the integrity of the records.

There are several ways to avoid losing money on an unaccredited institution. First, if there is any doubt at all, call the education office. We can quickly check the accreditation of any institution. Next, the institution should be requiring official transcripts of all previous work completed before issuing you a degree. If they are not, and they are still giving you credit, you should be suspicious. Finally, the best way to find the quickest way to a diploma is to submit an application for a degree plan to the education support center at NGB. They will evaluate all of your military education, past civilian education, and any other life experience you may have and link you up with up to three different accredited institutions to earn your degree. To access the education support center go to www.virtualarmory.com. Once there click on the tab for education and you will find it under the link marked online applications.

Save yourself the time and trouble of presenting an unaccredited diploma to the records branch, as well as the money, and follow the above tips and soon you will have a degree that will be worth more than the paper it is printed on. For more information on this or any of your education benefits go to www.virtualarmory.com or contact us at (860) 524-4816/4820.

Army Activates VA Data Website

ARMY NEWS SERVICE

Washington D.C. - The Army has activated a secure Web site, <https://ID-Theft.army.mil>, enabling current and former servicemembers to determine if their personal information was potentially compromised as a result of a data loss from the Department of Veteran’s Affairs on May 3.

The data loss included names, social security numbers and dates of birth of as many as 20 million veterans, to include active and reserve members.

“Although there is no evidence that the data has been used illegally, all Soldiers should be extra vigilant with regard to their financial well-being,” said Army Chief of Staff Gen. Peter J. Schoomaker and Sergeant Major of the Army Kenneth O. Preston in a joint message to Soldiers.

For a valid response to queries done at the new Web site, users should enter all requested information in the format specified. Anyone identified as having had their personal information compromised will be linked to the VA Web site, which lists steps for protection from identity theft. For additional information on identity theft protection, go to DoD’s Military One Source at www.militaryonesource.com or call (800) 342-9647.

Important TRDP benefit information for Guard/Reserve Pre-Retirees and Retirees

National Guard and Reserve personnel who elect to enroll in the TRICARE Retiree Dental Program (TRDP) within 120 days after retirement are eligible to skip the 12-month waiting period normally required for certain TRDP benefits (such as crowns, bridges, and braces). All new enrollees seeking to obtain the waiver should submit a copy of their retirement orders along with their enrollment application.

It is important to note that as with all new retirees, the 120-day period during which a “gray area” retired Reservist or Guard member can enroll in the TRDP to qualify for the 12-month waiting period waiver begins with his/her retirement effective date, **not the date he/she reaches age 60.**

Eligible retirees and their family members can find answers to their questions about the program as well as enroll using Delta Dental’s dedicated TRDP web site at www.trdp.org or by calling the toll-free number at (888) 838-8737.

Do you wear these? Rappel Masters needed

Are you an Air Assault school graduate and an excellent NCO with high standards and attention to detail looking for rewarding training opportunities? Then read on.

The Connecticut Army National Guard needs qualified Rappel Masters to conduct unit rappelling operations at Stone’s Ranch Military Reservation (SRMR). Rappel Masters will work primarily on IDT weekends at SRMR and will be paid by ADSW or other funding sources. If interested, then you should apply to attend the Rappel Master Course.

This demanding course is conducted over five days. The course includes both classroom instruction and hands-on training in a field environment averaging 12 hours a day.

The course emphasizes student demonstration of confidence in skills as both a rappeller and Rappel Master.



The prerequisites to attend the Rappel Master Course include being a graduate of an Air Assault school, the rank of corporal or above with a letter of recommendation from your commander, successfully passing an APFT IAW FM 21-20 within 30 days of attendance, and meeting height/weight requirements IAW AR 600-9. You cannot have any limiting profiles that would restrict participation in any training during the course.

Suspense date to apply is 30 August 2006. An order of merit list will be created and maintained by the J3. Class date is from 25 Sep to 29 Sept. 25 - 29 with a report date of Sept. 24.

See your commander to get your letter of recommendation, and send it immediately through the chain of command to the J3. You will be contacted for an interview. Good luck.



OFFICERS CLUB OF CONNECTICUT
Hartford Armory (860) 249-3634



July 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Having a Fund Raiser, A Party, Anniversary, Call the O'Club Best Food & Bar, Best Prices!						1
2	3 Club Closed for Holiday (4th of July)	4 Independence Day CLUB CLOSED	5	6	7	8 NG Drill
9 NG Drill	10	11	12 1130 AM A.S.A. Society of Central Conn(Foot Guard) Lunch Lunch Nelson White (12 - 15)	13	14	15
16	17	18	19	20	21	22 Wedding at Camp Roll (Mike Straite)
23 Jack & Jill Party (Joe Suranna)	24	25	26	27	28 Luau Party ??	29 1:00 PM Anniversary Party Bob Hogan
30 O'Club open for lunch daily 1130 - 2 PM Bar & Lounge open at Lunch & 4PM -Close						



CHIEF MASTER SGT.
WANDA WAWRUCK

Enlisted Update

Looking back at four years of changes, experiences

Exactly four years ago, the adjutant general asked me to serve as the next State Command Chief Master Sergeant. I accepted, with enthusiasm, the opportunity to represent the finest enlisted force in the National Guard...our very own Connecticut Airmen. I set my goals to educate the enlisted force in joint activities working with other services, mentoring and improving communications throughout the enlisted force. I'd like to take a moment to highlight what we've accomplished.

Several years ago, Lt. Gen. H. Steven Blum tasked our States to work towards a better integrated State Headquarters which would ultimately impact our State missions overall. I had the pleasure of assisting our leadership in communicating the goals and plans to develop a Joint Force Headquarters. Our State is now equipped with several joint operated areas capable and ready to handle any emergencies that may affect our State.

When I first joined the National Guard, mentoring meant that our supervisors had the responsibility to prepare our Airmen and Soldiers for a career in the military. In today's military, mentoring is much more. An Airman or Soldier may utilize various programs to seek mentors out other than their direct supervisor. These programs match those individuals seeking a mentor through various skill sets, strengths and interests in targeted areas. There are programs available for all Soldiers and Airmen wishing to utilize them.

Of course there's still nothing wrong with the old-fashioned way of directly approaching someone and asking for their assistance.

One of the most common phrases I heard during these last four years was, "I never know what's really going on." Well, that can work two ways. For most, taking the initiative to go out and directly ask is always a hit. But for others, they may prefer someone coming forward with the information. In my experience, the best way to communicate is through direct

contact using any means of communication available. We have many opportunities available to us, some through attending leadership sponsored functions/events, participation in activities that offer educational opportunities and attending informational seminars on a specific subject.

As you have read above, you probably came to realize that the goals I set to achieve are those that remain "works in progress." You see, goals are not always obtained; but are sometimes those that are shared through groups or teams. I know of no other team more talented than our Airmen and Soldiers right here in Connecticut. The methods to attain these goals are in place and we are all working towards them because of our efforts as a team...those in uniform side-by-side with our civilian partners, retirees, families, and communities. All the above is a lead-in to share with you that my term as Command Chief Master Sergeant has come to a close and it is time for me to move on.

Together we have experienced a lot of change...retention, deployments, increased training, missions, etc. One thing is constant throughout; our members' ability to adjust, remain committed, and continue to enjoy serving our State and Country. No one can ask for anything better.

I have accepted the position of Personnel Superintendent in the Military Personnel Flight at the 103 Fighter Wing. This is a great opportunity for me to return where I started my career more than 29 years ago. But, more importantly, I will have the ability to directly apply my Major Command, National Guard Bureau and Command Chief experience to this new assignment.

I want to take this opportunity to thank you and your families for the tremendous support I received during my tenure and ask that you do the same for the next State Command Chief Master Sergeant. Thank you for the opportunity to serve as the sixth Connecticut Air National Guard senior enlisted advisor and I look forward to seeing you around the our great State.

Letters to the Editor

Recruiting and Retention

Since America's colonial times, the citizen Solider has been a symbol of our nation and the benchmark of our military system. The minuteman grabbing for his musket and running to join his comrades at Lexington and Concord is one of the enduring military images following the hard fought success of the American Revolution.

Today's minutemen, the Soldiers and Airmen of the National Guard, are closer to the original 1776 concept than has existed for many decades. We bring a unique blend of outstanding dedication and technical expertise, military training and valuable skills from our civilian careers at a cost that is a good arrangement for the country. Our deep roots in our communities help ensure the full support of American people for our nation's military actions.

Since 9/11, the Global War on Terrorism (GWOT) has been anything but business as usual for our citizen Soldiers and Airmen. Many have been called to extended active duty with little advance notice and mostly on a come as you are basis. This new mind set comes on top of a rapid new military revolution in which our force has become something much closer to a second active force, an operational reserve. This new mind set also comes at a high cost - *manning*.

Recruiting and retaining the National Guard is an integral part of the United States national security plan. The worldwide demands for military presence have increasingly put pressure on all of the military services' Active, Reserve, and National Guard components to maintain congressionally mandated personnel strengths. However, our success depends on all of us who are not currently activated, for we are all available resources to recruit, retain and maintain the health of our force. This is critical for the ability of the National Guard to continue its support of the nation's defense on the GWOT.

As we celebrate our freedoms on July 4th, let us not only commemorate with fireworks and picnics, but also may we reflect on and contend with the fact that American society and government are indeed making far greater demands on the National Guard. Our National Guardsmen are as relevant today as they were in 1636, 1776, and any other era in our distinguished history. Side by side with the Active Duty our National Guard has been seriously tested in recent combat in Iraq and Afghanistan and will continue to be as the GWOT is now being referred to as the *Long War*. No one argues that the war in Iraq and Afghanistan has not had a negative effect on the number of Americans willing to join the military. However, experience proves that young Americans are willing to fight for their nation when they believe its future is at stake; as well as the need to act in response to domestic and natural disasters. This is the only military where you can build your own team and we should not lose sight of this.

It is a responsibility for all of us to be active in recruiting and we all need to make the case for young people to join the National Guard who are looking for direction, education and career training. Not to be engaged in our recruitment efforts is to lose sight of our heritage and our responsibilities as our nation's guardians. Remain attentive and be proactive in finding the best and brightest in the state who are willing to commit to service in the National Guard. And though not every Iraq or Afghanistan veteran may stay in the Guard, the business of retaining our veterans in uniform is also just as import as recruiting and leverages just as much as a responsibility. Again, our success depends on all of us to recruit, retain and maintain the health of our force.

CAPT. WAYNE B. FERRIS
OFFICE OF THE ADJUTANT GENERAL
EXECUTIVE OFFICER

Younger generation provides moment of pride

(Editor's Note: This letter originally appeared in Letter to the Editor, Source Newspaper, Madison, CT 06443 and is being reprinted with the author's permission.)

Saturday Afternoon, May 6th, the Town of Madison experienced a moment of pride. Academy Field was filled with little league players and their coaches. The usual sounds were in the air and the usual exuberance from the sidelines—until one of the coaches noticed the Marine and Navy Honor Guard standing at attention across the street at St. Margaret Church. A Funeral came out of the door, down the steps, to stop at the sidewalk, with the coffin in the very front.

During "taps" and the gun salute, and while the draped flag was removed from the coffin and precisely folded, not one person on that playing field moved. The young people stood quietly, hats off and over their hearts, watching at full attention with respect. They waited quietly. Those of us who stood on the steps of the church were as impressed with the behavior of the little league players as we were of the older Marine and Sailors in the Honor Guard.

Sometimes we despair of the "younger generation", well, not that Saturday in Madison. They showed us a glimpse of our future generation and we were proud.

ROSALIE R. SWEENEY
MADISON

Send Letters to the Editor to:

Editor, Connecticut Guardian, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795

or by email to: ctguardian@ct.ngb.army.mil

All letters must be signed and include a phone number for verification.

Letters may be edited for grammar, spelling and space, but not for content.

Homefront

In defense of Connecticut's children: Girls and drugs

MASTER SGT. MELISA LUGINBUHL
DDR

Girls are catching up with boys with regard to alcohol, tobacco and illicit drug use, and in some cases, have surpassed them. Adolescence is a time of change and upheaval. This can be a challenging time as you watch your daughter grow independent, make decisions and develop into a young adult.

Some risks that are unique to teen girls, such as decreased self-confidence, depression and early puberty, can lead to drug and alcohol abuse. Even during this difficult time, parents are the most important influence in their child's life. You can help your daughter navigate this exciting, but stressful time. Below are tips on how to raise healthy, drug-free daughters.

Tips for raising healthy girls

MAXIMIZE time together to build a strong bond with your daughter.

Spend time just listening to your daughter's thoughts and feelings, fears and concerns. Teens who spend time, talk and have a close

relationship with their parents are much less likely to drink, take drugs or have sex.

- Really listen to what your daughter is saying. Make the time to ask your daughter about her school, friends and activities and interests.
- Talk to your daughter about tough issues, such as the dangers of drug and alcohol use.
- Make special time each week to talk and enjoy each other's company.

MODEL coping skills to manage stress and pressure.

Adolescence can be a stressful process for teens. You can be a more supportive parent by understanding where the stress is coming from and model positive, healthy behavior and coping skills.

- Set positive examples on how to cope with stress, such as setting realistic goals, learning to prioritize, getting enough sleep and engaging in physical activity.

- Teach your daughter skills to handle negative peer pressure, such as how to say no.

MOTIVATE your daughter's self-confidence by recognizing her strengths, skills, and interests.

Research shows that many girls experience a sharp decline in their self-esteem and self-confidence during early adolescence. Parents can help their daughter develop a healthy sense of worth.

- Provide meaningful roles for your daughter in the family. Treat your daughter as a unique individual, distinct from siblings or stereotypes.
- Encourage your daughter to develop an identity based on her talents and interests; downplay appearance and weight, and tell her a beautiful body is a healthy and strong one.
- Promote healthy activities, such as exercising or doing community service. Teenagers enjoy giving to others, but they need your support.

MONITOR your daughter's activities and behaviors with love and limits.

Show your unconditional love, but don't be afraid of setting rules. Parental disapproval of drug use plays a strong role in keeping teens drug-free. Parental monitoring has been shown to be effective in reducing risky behaviors among teens.

- Praise your daughter as often as possible. Show love, warmth and interest in your teen, but set clear "no-drug" rules, limit time spent watching TV and using the Internet.
- Always know where your daughter is, whom she is with and what she is doing. Know her friends and the parents of those friends. Have regular check-in times.
- Attend your daughter's school events and recreational activities. It will make your teen feel loved, help her maintain good grades and increase her enjoyment of school.

For more information on this topic or other substance abuse topics, please visit www.theantidrug.com

Servicemember's Group Life Insurance (SGLI) premium rate changes takes effect

DEPARTMENT OF DEFENSE
OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE (PUBLIC AFFAIRS)
PRESS RELEASE


Effective July 1, 2006, the monthly premium rate for basic SGLI increased by 5 cents per month for each \$10,000 of coverage, from 65 cents per month per \$10,000 to 70 cents per month per \$10,000. On the same date, Family SGLI premiums decreased across the board.

The most recent SGLI premium change occurred in July 2003 when the monthly premium rate for basic SGLI was reduced from 80 cents per \$10,000 of insurance to 65 cents per \$10,000. That change was made to reduce surplus reserve funds in the program. A small increase in the SGLI premium rate is now necessary for the program to remain in sound financial condition, while covering the cost of peacetime claims. It is important to note that the cost of wartime SGLI claims is borne by the uniformed services, not by service members.


As a result of this increase, members who have the maximum \$400,000 of SGLI coverage will see their monthly SGLI deduction from service pay increase by \$2 a month, from \$27 to \$29, beginning with their July 2006 pay. This Protection coverage, which took effect Dec. 1, 2005 and provides payments of up to \$100,000 for serious traumatic injuries.

Also effective July 1, 2006, Family SGLI monthly premium rates were reduced for all age groups by an average of 10 percent. The new rates reflect better-than-expected claims experience for each age group in the Family SGLI program.

For more information about VA life insurance programs, visit: www.insurance.va.gov.



9th ANNUAL NGACT OPEN



DATE:
Friday
September 15, 2006

LOCATION:
Keney Golf Course
Hartford, CT

TIME:
11 a.m. Shotgun Start

COST:
\$100 per person

FORMAT:
Four (4) Person Scramble
Gross & Net Divisions

All proceeds to benefit
the Connecticut Children's Medical Center and
the NGACT Scholarship Fund

Tournament Day Schedule
9 - 10:45 a.m.: Registration, Coffee, Donuts
10:45 - 11 a.m.: Depart for starting holes
11 a.m.: Shotgun Start
5 p.m.: Steak Barbecue, Awards, Raffle

Tournament Includes:
Coffee & Pastry before start
18 holes with cart
Lunch
Steak Barbecue Dinner
Awards, Prizes & Raffle
\$10,000 Hole in One Contest
Men's & Ladies' Closest to the Pin Contest
Men's & Ladies' Long Drive Contest
50/50 Contest
Team Photos
Hole Sponsorships Available

For questions or more information contact:

Mike Falk:	(860) 524-4852
Rich Maziarz:	(860) 798-1367
Jim Howard:	(860) 289-2237
Ralph Hedenberg:	(860) 491-4312

Return No Later Than Aug. 18, 2006 to: NGACT Open, 360 Broad Street, Hartford, CT 06105-3795
(Make Checks payable to NGACT)

Name	Address & Phone Number	9-Hole Avg. Score
1. _____		
2. _____		
3. _____		
4. _____		

Visit the
Connecticut Guardian
on-line at
www.ct.ngb.army.mil

Veterans' Assistance

Understanding Post-Traumatic Stress Disorder

DANIEL J. McHALE
STATE BENEFITS ADVISOR -CT

(Editor's Note: This is the second in a four-part series on Post-Traumatic Stress Syndrome and the information was compiled from the VA Website by Col. (Ret.) Daniel McHale.)

Who is most likely to develop PTSD?

1. Those who experience greater stressor magnitude and intensity, unpredictability, uncontrollability, sexual (as opposed to nonsexual) victimization, real or perceived responsibility, and betrayal
2. Those with prior vulnerability factors such as genetics, early age of onset and longer-lasting childhood trauma, lack of functional social support, and concurrent stressful life events
3. Those who report greater perceived threat or danger, suffering, upset, terror, and horror or fear
4. Those with a social environment that produces shame, guilt, stigmatization, or self-hatred.

What are the consequences associated with PTSD?

PTSD is associated with a number of distinctive neurobiological and physiological changes. PTSD may be associated with stable neurobiological alterations in both the central and autonomic nervous systems, such as altered brainwave activity, decreased volume of the hippocampus, and abnormal activation of the amygdala.

Both the hippocampus and the amygdala are involved in the processing and integration of memory. The amygdala has also been found to be involved in coordinating the body's fear response.

Psycho physiological alterations associated with PTSD include hyper-arousal of the sympathetic nervous system, increased sensitivity of the startle reflex, and sleep abnormalities.

People with PTSD tend to have abnormal levels of key hormones involved in the body's response to stress. Thyroid function also seems to be enhanced in people with PTSD.

Some studies have shown that cortisol levels in those with PTSD are lower than normal and epinephrine and norepinephrine levels are higher than normal. People with PTSD also continue to produce higher than normal levels of natural opiates after the trauma has passed.

An important finding is that the neurohormonal changes seen in PTSD are distinct from, and actually opposite to, those seen in major depression. The distinctive profile associated with PTSD is also seen in

individuals who have both PTSD and depression.

PTSD is associated with the increased likelihood of co-occurring psychiatric disorders. In a large-scale study, 88 percent of men and 79 percent of women with PTSD met criteria for another psychiatric disorder.

The co-occurring disorders most prevalent for men with PTSD were alcohol abuse or dependence (51.9 percent), major depressive episodes (47.9 percent), conduct disorders (43.3 percent), and drug abuse and dependence (34.5 percent).

The disorders most frequently comorbid with PTSD among women were major depressive disorders (48.5 percent), simple phobias (29 percent), social phobias (28.4 percent), and alcohol abuse/dependence (27.9 percent).

PTSD also significantly impacts psychosocial functioning, independent of comorbid conditions. For instance, Vietnam veterans with PTSD were found to have profound and pervasive problems in their daily lives.

These included problems in family and other interpersonal relationships, problems with employment, and involvement with the criminal justice system.

Headaches, gastrointestinal complaints, immune system problems, dizziness, chest pain, and discomfort in other parts of the body are common in people with PTSD. Often, medical doctors treat the symptoms without being aware that they stem from PTSD.

How is PTSD treated?

PTSD is treated by a variety of forms of psychotherapy (talk therapy) and drug therapy. There is no definitive treatment, but some treatments appear to be quite promising, especially cognitive-behavioral therapy, group therapy, and exposure therapy. Exposure therapy involves having the patient repeatedly relive the frightening experience under controlled conditions to help him or her work through the trauma.

Studies have also shown that medications help ease associated symptoms of depression and anxiety and help with sleep. The most widely used drug treatments for PTSD are the selective serotonin reuptake inhibitors, such as Prozac and Zoloft.

At present, cognitive-behavioral therapy appears to be somewhat more effective than drug therapy. However, it would be premature to conclude that drug therapy is less effective overall since drug trials for PTSD are at a very early stage.

Drug therapy appears to be highly effective for some individuals and is helpful for many more. In addition, the recent findings on the biological changes associated with PTSD have spurred new research into drugs that target these biological changes, which may lead to much increased efficacy.

Do I have PTSD?

A natural first question is whether symptoms experienced really are due to PTSD. Stress and trauma cause symptoms that are normal reactions and these symptoms may not be indicative of the full condition of PTSD. Similar symptoms may be due to conditions created by stressors other than trauma (for example, work or financial pressures), medical problems (such as heart conditions or diabetes), or other psychological conditions (such as depression or anxiety).

How is PTSD Measured?

How can one tell if distress after a personal tragedy is a normal reaction to an upsetting life experience or something more serious?

It can be difficult to know whether distress is a normal reaction or a symptom of something more serious. Even experts may require the results of a detailed evaluation to answer this question.

Posttraumatic Stress Disorder (PTSD) is only one of many possible reactions to a traumatic experience. After a trauma, some people become anxious, some become depressed, and many find that they are not able to deal with their responsibilities as well as they had before the trauma.

Although the majority of people are distressed for a while, over a period of a few weeks to a few months, most find that their upset lessens and they are better able to function. Someone who continues to be profoundly affected by their experience several months or even years later may be struggling with PTSD.

The main features of PTSD can be summarized as follows:

Trauma

PTSD is different from most mental-health diagnoses because it is tied to a to particular life experience. A traumatic experience typically involves the potential for death or serious injury resulting in intense fear, helplessness, or horror.

Symptoms

PTSD is characterized by a specific group of symptoms that sets it apart from other types of reactions to trauma. Increasingly, evidence points to four major types of symptoms: re-experiencing, avoidance, numbing, and arousal.

Re-experiencing symptoms involve a sort of mental replay of the trauma, often accompanied by strong emotional reactions. This can happen in reaction to thoughts or reminders of the experience when the person is awake or in the form of nightmares during sleep.

For more information on PTSD or other Veteran's issues, contact Daniel McHale at (860) 524-4908 or via email at daniel.j.mchale@us.army.mil

Avoidance symptoms are often exhibited as efforts to evade activities, places, or people that are reminders of the trauma.

Numbing symptoms are typically experienced as a loss of emotions, particularly positive feelings.

Arousal symptoms reflect excessive physiological activation and include a heightened sense of being on guard as well as difficulty with sleep and concentration.

Length and Severity

To qualify for a formal diagnosis, the symptoms must persist for over one month, cause significant distress, and affect the individual's ability to function socially, occupationally, or domestically.



INFORMATION

Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Provide and discard memos, documents, correspondence and emails appropriately. Practice good computer security when accessing the Internet. Our enemies are often spy we're entrusted before. Don't team them with information. Publicize how to

Guarding Your Rights

Legal Affairs: *Handling complaints*

CAPT. ROBERT E. HENRY
JFHQ-CT JAG

Organizations routinely encounter disagreements among their members. In the military services there is a formal, hierarchical process for handling contentious issues.

By following the suggestions discussed below you are more likely to get a thorough hearing and resolution of your problem. The key to resolving problems in the military is the "chain of command."

All problems should be addressed at the lowest level and, if necessary, elevated through the chain of command.

Although there are some problems that lend themselves to addressing the problem first at a higher level, first line supervisors and unit commanders should, if possible, be given the opportunity to address the problem first.

While there are no written rules in the processes discussed below, common sense dictates that the burden of proof rests with the complainant.

You will be better able to meet this burden by accurately recording the facts and circumstances of the problem. Save any documents such as letters, memos, e-mails, DOD and service forms, etc., related to the

handling of the issue as well as telephone records. It is also advisable to right down a summary of any conversation regarding the issue as soon as possible. These steps will assist you in preserving the record and enhance the credibility of your version of events.

Do your homework. Make sure you have all the facts. Present your case in a professional, dispassionate manner. Cite appropriate laws, regulations and policies. Stick to the facts. When giving written submissions be concise. Sentences should be short and direct. Paragraphs should be limited to one issue at a time.

The first step to resolving an issue is to approach your change of command. All levels of command have an "open door policy". Use it! Dealing directly with a problem at this level is efficient as well as a requirement. Other problem solvers, such as the Inspector General will, not address a problem if the chain of command has not had an opportunity to do so.

Commanders and supervisors, who are within the laws and regulations that govern the armed services, have wide discretion to handle issues.

While you may disagree with their solution, if it is legal and endorsed by their higher

headquarters, be prepared to accept it.

If you do not accept the response from one command level inform that command of your intention to go to the next level. Commanders are sensitive to subordinates "back channeling" them. By being upfront about your course of action you will enhance your credibility with the next level of command and depersonalize the problem.

If you have a reasoned basis for doing so, contact the Inspector General (IG) or your unit Equal Opportunity (EO) counselor, as appropriate.

The IG handles issues that impact readiness, morale, discipline, training and efficiency. EO counselors have jurisdiction over race, gender, creed and ethnicity issues.

They can handle only those issues within their established lanes. If your problem is outside their jurisdiction you will be re-directed. Whether or not you get a positive response it is illegal for anyone to retaliate against you for contacting either of these offices.

For personal or family issues it may be helpful to consult with the unit Chaplain. Formal training as counselors is part of chaplain training.

Chaplains are command advisors on morale and ethics problems. Your

discussions with them are confidential. Chaplains are trained to help resolve problems, both personal and professional.



Another possible resource for personal or family issues is the Family Readiness Group or Family Support Group. They have access to trained counselors and therapists who may be able to confidentially address an issue outside of the chain command. You should consider contacting them for assistance with problems that can affect your fitness for duty or security clearance.

In the event that your issue is not adequately addressed within the service it is your right to contact your elected representatives.

Do so in the manner discussed above. If your problem has been substantively addressed within the military, it is likely that a legislative inquiry will get the same result. As you move forward with your issue remember to be professional, prepared and patient.

Following these guidelines will not guarantee a favorable result but will insure a more thorough hearing of any problem and hopefully a more favorable result.



WAYNE E. TRAVERS JR.
CTESGR PUBLIC AFFAIRS OFFICER
WAYNE.E.TRAVERS@US.ARMY.MIL

Communications about military service can defuse conflict

Recently, I had the opportunity to give a presentation on Employer Support of the Guard and Reserve (ESGR) to a group of human resources representatives from many different industries and from businesses large and small.

I started the presentation by asking them to close their eyes (so no one was embarrassed) and raise their hands if they had heard of the Uniformed Services Employment and Reemployment Rights Act – the federal law specifies the employment and reemployment rights of all uniformed service members.

Only about half the audience had heard of USERRA or knew what it was about, which isn't surprising. Many employers don't have a member of the National Guard or reserve on the payroll. Others may have an employee who serves in the Reserve Component but won't experience any conflicts until that employee is called up for an extended period of military service. When that happens, both employee and employer are forced to take a "crash course" on USERRA, which may lead to misunderstanding and further conflict.

Employers have a variety of questions when it comes to their employees' military service, but here are some of the most frequently asked questions along with the answers:

"What are the uniformed services?"

USERRA defines the uniformed services as the Army, Navy, Marine Corps, Air Force, Coast Guard, and the commissioned corps of the Public Health Service. The Army National Guard and Air National Guard qualify when performing active duty for training, inactive duty training, or full-time National Guard duty. Finally, during a period of war or national emergency the President can designate any other category of persons to be a "uniformed service" for purposes of USERRA. 38 U.S.C. 4303 (16).

"What is 'service in the uniformed services'?"

"The term 'service in the uniformed services' means the performance of duty on a voluntary or involuntary basis in a uniformed service under competent authority and includes active duty, active duty for training, inactive duty training, full-time National Guard duty, a period for which a person is absent from a position of employment for the purpose of an examination to determine the fitness of the

person for any such duty, and a period for which a person is absent from a position of employment for the purpose of performing funeral honors duty as authorized by section 12503 of title 10 or section 115 of title 32." 38 U.S.C. 4303(13) (emphasis supplied).

"How much notice can I expect prior to a period of service?"

ESGR recommends that reservists and National Guard members give as much advance notice as possible, but USERRA does not specify any minimum period of notice. Circumstances arise, especially in a mobilization scenario, when the individual has very little advance notice from military authorities.

"I have an employee who takes a lot of time off for military training and service. Now, she has asked for time off for a time that is particularly inconvenient for me. Am I permitted to veto her request for military leave?"

An employee is only required to give you notice, not to obtain your permission. You have no right to veto the timing, frequency, duration, etc. You are permitted to contact the Commanding Officer. It is Department of Defense (DOD) policy that the Commanding Officer should work with you to resolve conflicts of this kind. The Commanding

Officer will accede to your reasonable request to reschedule military training, unless doing so would detract from unit readiness and mission accomplishment.

"Am I permitted to make the employee use vacation for his or her military training or service?"

No. If the employee wants to use vacation, he or she has the right to do so, but it is unlawful for you to make the employee use vacation.

"Am I required to pay the employee for the period that he or she is away from work performing military training or service?"

USERRA does not require an employer to pay an individual for time not worked due to service.

These are only a few of the questions ESGR gets from employers and ESGR volunteers are ready to assist employers in a variety of ways, including "Briefings with the Boss" to educate employers on USERRA and how it applies to them and their employees.

For more information on USERRA, log on to www.esgr.com or call 800-336-4590.



Inside OCS

Commitment,
courage, sacrifice:
Do you have what it takes?

OC DAVID FINNERTY
OCS CLASS 52

The path to becoming an Officer is not an easy one. Commitment, courage and sacrifice are a few traits necessary to become a successful Officer in the Army National Guard. If you have these traits, and the many more it will take to be commissioned in the Army National Guard, you may have the honor of leading Connecticut's finest men and women.

These men and women demand and deserve to be led by professional, competent and knowledgeable individuals who have proven themselves to be called their leaders. It is truly in keeping with the "BE KNOW DO" that the Army focuses its leadership training on. This concept fosters a sacred trust that is required between those who lead and those who are to be led to ensure that the organization is truly the best it can be.

OCS is the training and proving ground for the men and women who desire to accept the challenge of becoming an Officer. It provides a positive, result oriented environment where you do not learn by simply sitting in the classroom but by applying all of the lessons learned through practical application.

The TAC Officers are professionals and demand excellence and teamwork. The students are responsible for their own chain of command and leadership positions. They assign their own S-positions and use them to help prepare for each drill. The OCS program does not just feed you information but requires that each Officer Candidate be an active member in developing training plans for the upcoming drill, coordinating any logistical requirements needed, running physical training, holding fundraisers and conducting meetings outside of the drill weekend just to name a few tasks. This makes the OCS program truly unique and I believe better adapted to teach and create future leaders.

During the 13 years I was enlisted in the Marine Corps Reserve I had always thought about becoming an Officer and truly enjoyed watching how a good Officer can make a huge difference in the men an women that they lead. When I decided to join the Connecticut Army National Guard it was with the specific intent to become one of those Officers. I wanted have the chance to be one of the leaders that I admired most during my career when I was enlisted and take those lessons I learned to make me a better Officer.

I believe the work ethic I developed throughout my life, along with the leadership skills I gained in the Marine Corps, will allow me to face the many challenges that OCS has to offer. By becoming an Officer I will be able to develop the Soldiers under my command. That is where I feel Officers can make the most impact, by challenging these young Soldiers to be the best they can be. Instilling in them pride that comes through accomplishing tasks as a team that would never be obtainable by individual efforts. Guiding and mentoring them to show them the potential each one of them have and helping them achieve results they never thought possible before. Through this, each member will be a more confident, smarter and better Soldier and leader within the Connecticut National Guard. My hope is that they will take the lessons that I have taught them and pass them to those they teach so that the learning and development is continuous and widespread. As an Officer in the Connecticut National Guard this is my desire and what I will strive to achieve.

Connecticut National Guard Family Day 2006

Saturday, Sept. 9, 2006
10:00 a.m.
Camp Rell, Niantic

Family Friends Food Fun Games Music



Health & Fitness



Medical Notes

LT. COL. SHEPARD STONE
AVIATION MEDICINE OFFICER

Thousands of Connecticut residents undergo surgery every year. Members of the Connecticut Army and Air National Guard and their families are amongst them. Surgery is a great stress on the body and there are things you can do to prepare yourself to best deal with that stress.

Just like you try to maintain yourself for optimal fitness to best serve as a Soldier or Airman, you can do the same in your life to be ready for an operation that you may find yourself needing. You are not prepping for a fitness test or deployment, you are prepping for LIFE!

The advice I offer is based on my more than thirty-five years experience working in operating rooms with twenty-eight of those years teaching and practicing anesthesiology.

Patients do best when their health is at its best to begin with. Regular check-ups with a health care professional can help make sure that you don't have any illnesses or diseases.

If you do, these conditions can be treated. Uncontrolled conditions such as diabetes,



Preparing for an Operation

high blood pressure and heart disease increase your risk of complications involving your surgery.

Keeping up-to-date on immunizations is also a good health maintenance strategy. The military helps *you* with that but not necessarily your family members.

Your health care provider may also have resources to help you quit smoking or eliminating other unhealthy habits that can increase your surgical risk.

Weight loss is another very important risk factor. That is a reduction of body *fat* for those with excess body fat. People who are fat are more likely to get infected surgical wounds, blood clots and pneumonias.

Weight loss when that weight is muscle is certainly NOT required! Height and weight tables are not the best means of determining body fat. The best ways are cumbersome and not readily available.

Figuring out your body mass index (BMI) is an easier way to get a handle on body fat though, it too, is not accurate for every individual.

The BMI is your weight in kilograms (1 kilogram=2.2 pounds) divided by your height in meters (1 meter=39 inches) squared. Values

between 25 and 29.9 are considered overweight; values over 30.0 are considered obese. It's been said many times, but nothing beats a healthy diet and regular physical activity for keeping your body composition what it should be.

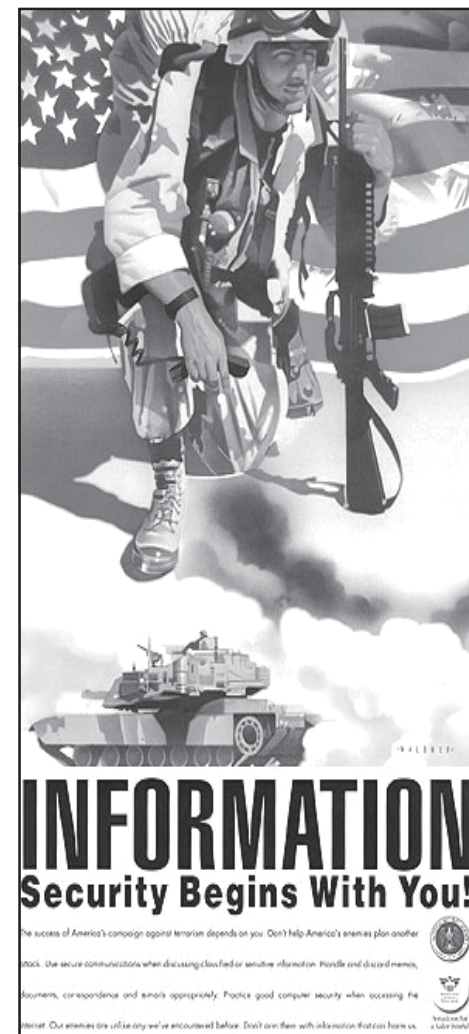
Having done your health maintenance, now is the time to be an "educated consumer."

Make sure that the surgeon and anesthesia care provider (anesthesiologist or anesthesiologist) answer all the questions that you have about the perioperative period (the time before, during and after surgery).

Don't be shy, ask!

Make certain that there is a plan to deal with any pain that might follow your surgery. All operations are not the same, some are associated with minimal pain, some much more so. If you have any questions or special concerns, make sure that they are addressed. It is, after all, YOUR well-being here.

If you do your part, you can make your operation as safe, easy and comfortable as possible so you can get on with your life as quickly as possible. Good luck!



Combating Substance Abuse: Why do people take drugs?

CW4 TONY UVA
SUBSTANCE ABUSE PREVENTION EDUCATION OFFICER

Most reasons heard from people using drugs is that they do them to feel good; they want to fit in; they want to escape or relax; they're bored; the media says it's cool; they think it makes them seem grown-up; they have a parent or adult family member who uses drugs; they want to rebel or they may want to experiment.

Well, it does feel good because most drugs act directly on the pleasure center "the limbic system" in the brain. Some people light up cigarettes at a party.

They might not consider themselves as a smoker, but they do it to feel good or to look cool.

Some might smoke pot at their friend's house because they think it could be fun. The problem is that drugs don't care what the reason is. The same effects can occur whether you're drinking to have fun or drinking to forget a problem, whether you're doing drugs to see how they feel or doing them to be one of the crowd.

People do drugs to change the way they feel. Often they want to change their situation. If they're depressed, they want to become happy. If they are stressed or nervous, they want to relax, and so on. You haven't changed the situation; you've only distorted it for a little while.

Illegal drugs are always bad. There's no good use to sniffing glue or snorting heroin. But many drugs were developed as medications by doctors to help treat patients with very specific medical conditions. For those people drugs make sense. Unfortunately, many of these drugs are used by people who don't need them. Which, if you think about it, is kind of like going for therapy when you don't have any disease. In other words, really dumb.

Depending on the drug, many people report feelings like happiness, confidence, serenity, or even euphoria when they use drugs. But even when they're feeling these things, there's a sense that it's not real, that the happiness is going to disappear any moment. Kind of like when you cover up a big facial mark. You can't see it, but it's still there. Unfortunately, in most cases these feelings are followed by even more powerful ones like depression, anxiety, nausea, guilt, embarrassment, loneliness and wanting more drugs.

Every drug is different, but the general idea is, they interfere with your nervous system's basic functions. Using drugs over and over for a long period of time can cause lots of medical problems, from lung cancer (pot) to liver problems (alcohol) to brain damage. Many people don't become addicted to drugs, but many continue to do drugs for the same reasons they started. You can get addicted

even though you only do it once in a while. No one wakes up and says today I'm going to be an addict. Addiction is a process, not an event. Meanwhile things are happening in your brain, permanent changes are taking place. It's like playing Russian Roulette, you just never know.

Some of the signs and symptoms are quite obvious. Do you or your friends have a drinking or drug problem? Do you or your friends use drugs or alcohol regularly to have a good time? Do you and your friends hang out with new friends who do drugs? Do you all show up at social events drunk or high? Do you break plans or show up late because of being drunk or high? And so on! If you answered yes to any of the above symptoms you need to begin to seek help. The Connecticut National Guard now has a number of Web Sites to which you can log on. "<http://www.ct.ngb.army.mil>" to aid yourself or other individuals in obtaining information and training about alcohol and drug abuse treatment. It is the National Guard's Policy that drug abuse by its members is incompatible with service. If you feel that you or some military person has a unique problem; please use your chain of command.

Have you recruited anyone today?

Recruiting is everyone's responsibility.
Contact your unit today to find out what positions are available and help find someone to fill them.

You are the best advertisement for the Connecticut National Guard.

**Call
1-800-716-3550**

Process for improving Base facilities explained

LT COL JAMES V. WORKS
COMMANDER/BASE CIVIL ENGINEER
103RD CIVIL ENGINEER SQUADRON

Have you every thought, "These buildings are really old, and Civil Engineering never does anything to improve them? How come they never come out and fix them during drill weekends?"

Prior to my assumption of command of the 103rd Civil Engineer Squadron (103 CES), I certainly did. It turns out I did not have all the information I needed to fully understand what constraints the 103 CES operates under and how it works to improve the working conditions for everyone on base.

The first fact about Civil Engineering that must be put in the public is that there are really two organizations that have different missions. The 103 CES is the military organization that is here on UTA weekends and their sole purpose is to be prepared to deploy and build up and maintain expeditionary bases.

Most of the UTA weekend is spent working on the AFI 10-210 directed skills and working on upgrade training. Any work done to improve the base during UTAs is related to skills that need to be accomplished to upgrade or maintain a person's AFSC. The second organization is the full-time Civil Engineer Division, which is made up of Federal Technicians and State Employees. The State Employees are the people who take care of the maintenance of all the

facilities and grounds at both Bradley and Orange. The full-time staff also does the planning, programming, management of design and construction for the entire CTANG.

Of course now you are thinking, "That's nice, but how do I get my work space improved?" If your area has a problem that needs repair or you have a new system requirement that needs more space, electrical supply, water, etc. you tell your Building Manager per SAI 32-100, Facility Maintenance, Repair, and Improvement Process.

The Building Manager will submit an AF Form 332, Civil Engineer Work Request, which is reviewed by Safety, the Fire Department, Environmental and Civil Engineers during the Work Request Review Board every Wednesday at 1300 in the CE Conference Room.

Once a request is approved it is scheduled for work when we have both personnel available and the money for the materials or contract labor. If a work request is disapproved, it is returned to the requesting Building Manager with an explanation.

The other way we improve our facilities is through a Base Master Plan. The plan most people think of is the pretty book done by an architect-engineer firm in 1996 and has just collected dust.

We are totally revising that plan due to all the mission changes at Bradley started by

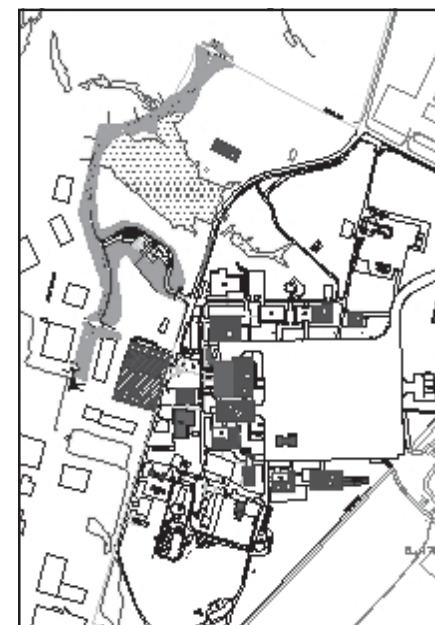
the DoD BRAC recommendations last May. The Facilities Board Working Group (FBWG), which is made up of full-time representatives of most working functions on base, has been drafting a plan to go forward for review and approval by the Facilities Board.

Since the future missions we are being planning for, like the Joint Cargo Aircraft (JCA), Air Support Operations Squadron (ASOS), or Information Warfare, are not in the experience realm of most of us stationed at Bradley, we can use any input to help us make the correct decisions. If you have any inputs, please tell your chain of command and they will make sure the FBWG representative brings the idea to the table.

Once we finalize the current Master Plan direction with TAG concurrence, much more work must be done over the next several years. Currently there is a plan for a formal Master Plan update by an architect-engineer firm in FY08, by which time our future missions should all be settled out. Civil Engineering will ensure this plan does not sit on a shelf and do nothing.

We have created the programming documents to go down to the ANG for inclusion into the Future Years Defense Plan (FYDP). Once design funds are allocated, the 103 CES must contract an architect-engineer firm to come up with a design so construction can be started when military construction (MilCon) funding becomes available (typically a 5-8 year process).

We are planning on taking advantage of mission changes and great congressional



support to get many new buildings through the MilCon process over the next five to ten years.

In future months we will get the word out on what our living Base Master Plan is so each member of the 103d Fighter Wing knows what changes in facilities to expect and when they will happen to improve the working conditions. The 103 CES greatly improved on our communications with customers over the past 1 1/2 years and still want to get better. If you have any questions about facilities or suggestions for improvement, feel free to stop by or send an email to james.works@ctbrad.ang.af.mil.

Connecticut Military History: The Punitive Raids

COL. ROBERT CODY

(Editor's Note: This is the third in a continuing series on Connecticut's historic war sites.)

In the summer of 1779, General William Tryon renewed his attacks along the Connecticut coastline. With only sporadic action in the North, the British had turned their attention primarily to the South. There was very little military pretense to these attacks along the colony's southern shore.

With the exception of some militia units, there were no troop concentrations in Connecticut. General Israel Putnam's Division had left their encampment in Redding a few months earlier in May.

There were no large supply depots to be destroyed as there had been in Danbury two years earlier. The raids by the British were simply for plunder and punishment. General Tryon had even hoped to win the loyalty of the people of Connecticut by showing them that General Washington could not protect them from British attacks. He hoped that the population of Connecticut would become disillusioned with the rebellion and realign itself with the crown.

On Monday, July 5, 1779, British forces attacked New Haven, Connecticut. At the time, New Haven was the sixth largest city in the new nation with a population of more

than 8,000.

One division of 1,500 men led by General George Garth landed near Old Field Shore in West Haven. The area is now called Savin Rock. A second enemy division landed at South End and Morris Neck in what is now East Haven. As they approached the fort at Black Rock, which is now Fort Hale Park, they met opposition from a small group of patriots.

The British marched inland and entered the town around 1:00 P.M. near the present-day intersection of Goffe, Whalley and Dixwell Avenues. The New York Journal reported on July 19 that the enemy "entered the town in the most malignant disposition, enraged by a number much inferior to their own."

The enemy then consolidated their two elements on the New Haven Green. During a meeting between Generals Tryon and Garth and Admiral Collier, it was decided not to burn the town of New Haven. Colonel Edward Fanning, who was General Tryon's son-in-law and a 1757 Yale graduate, was reportedly instrumental in saving the college from the flames.

This raid resulted in just over \$14,000 worth of damage to New Haven. The library at Yale College was plundered of many books, some one hundred years old. Days

later, ships in Long Island Sound sailed through many of the library's plundered papers floating on the water, obviously thrown overboard by the British.

Fortunately, three quarters of the library's holdings had been moved to safety in the towns of Northford, Durham and Westbury (Waterbury) just a month before the raid.

Visit the
**Connecticut
Guardian**

online at
www.ct.ngb.army.mil



Thank you,
Families,
for all that
you do and
all that you
sacrifice.

We are
indebted to
you.



Retirees' Voice

Protect your credit, new benefits

SGT. 1ST CLASS (RET.) JOHN BEDNARZ

The hottest topic in most of the media these days seems to be the news that the Veteran's Administration files were compromised when an employee's computer was stolen. It means that for 26.5 million veterans, their names, social security numbers and dates of birth could be used by someone to steal their identity.

Gov. M. Jodi Rell immediately formed a task force to help veterans deal with this possibility. They put out a flier with contact information on what you can do to protect yourself from identity theft and held many seminars to let veterans know what their options are.

One thing you can do is obtain a Free Credit Report. Since September 1, 2005 all consumers in the United States can get free copies of your credit reports once every 12 months.

The three nationwide consumer reporting companies (Experian, TransUnion and Equifax) have a central website (www.annualcreditreport.com), a toll-free telephone number (1-877-322-8228) and a mailing address (Annual Credit Report Request Service, P. O. Box 105281, Atlanta, GA 30348-5281) to obtain your report.

Or you can go to www.ftc.gov/credit and print the form out, then mail it to the above address. You should request your credit report from all three companies because they get their information from different sources and the information from one company may not be the same in your reports from the other two companies.

Other Identity Theft resources are www.ct.gov and www.ct.gov/dcp (Department of Consumer Protection). DCP

has a very interesting Fact Sheet: Order and Review Your Credit Reports.

For the latest information on this situation you can call 1-800-333-4636.

Because I do not have any disabilities from the military and have adequate medical coverage, I am not registered with the VA, although I probably should, so when this problem arose, I felt assured that my name was not among those whose data was compromised. That is until I heard that the records go back to 1975. That was the year I bought my home with a VA loan. Yikes!

As I am writing this, the President has just signed into law the Veteran's Housing Opportunity and Benefits Act (S.1235). Among its provisions it authorizes VA to make grants available to assist in housing adaptations (\$2,000 to \$14,000) at a family member's home for a severely disabled service member living with them. Previously the veteran needed to own the home.

Another provision is that totally disabled service members have two years from separation to apply for premium-free Servicemen's Group Life Insurance Coverage, which can be converted to Veteran's Group Life Insurance coverage during the same two year period. Totally disabled veterans may find it difficult to get commercial insurance at a reasonable rate.

Today my wife Ginny and I attended the send-off ceremony for the 143rd Combat Sustainment Support Battalion for their deployment in support of Operation Iraqi Freedom. They will train up at Fort Dix, New Jersey before being sent to Iraq. The Battalion has previously been deployed to Bosnia. It sure would be great to see more retirees at some of these sendoffs.

Connecticut National Guard Retirees' Picnic 2006

Wednesday, August 16, 2006

1200 - 1700

Camp Rell, Niantic, Connecticut

Bring a guest

Active Duty
Welcome

Pass the word

Meet old friends

Prizes

Food &
Beverage

Live Music

Card Games



Mark your calendar and join us for the fun!

2006 Retirees' Picnic

Cost: \$20/person by July 28
\$22/person after July 28

Name: _____ Rank: _____ Army Air

Address: _____ State: _____ Zip: _____

City: _____ Phone: _____ E-mail Address: _____

Make checks payable to NGA CT and mail to: NGA CT Retirees' Picnic, 360 Broad Street, Hartford, CT 06105-3795

Please note new address this year

Proudly Sponsored by
The National Guard Association of Connecticut

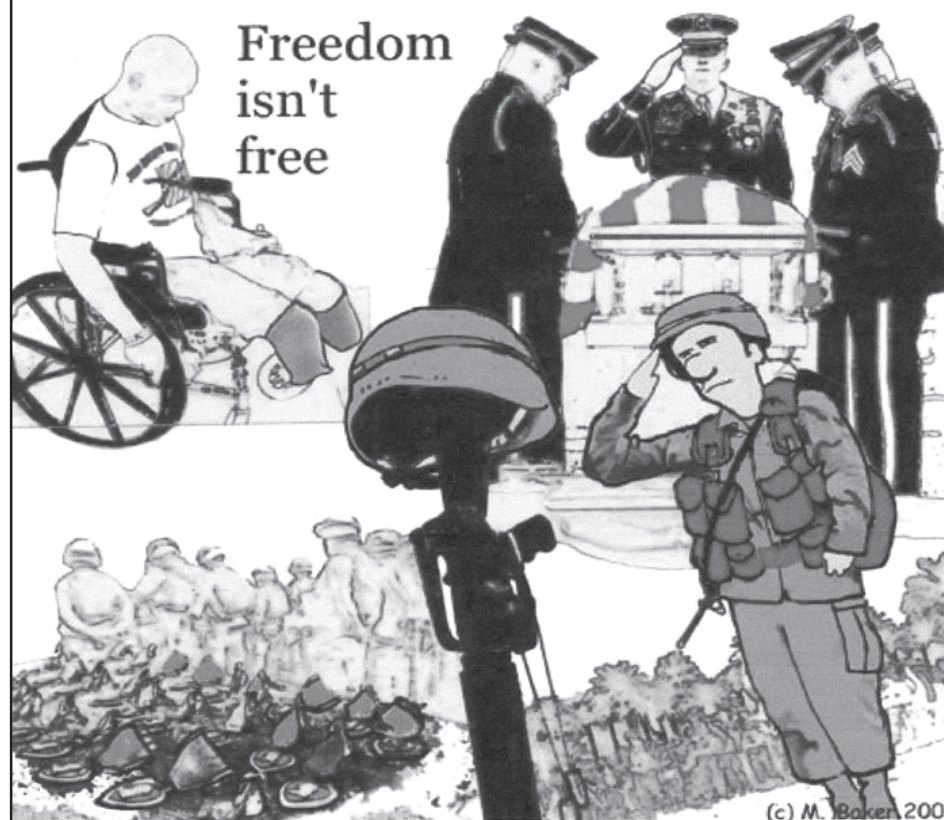


NGA CT: Working for You



2nd Louie

By Bob Rosenburgh



Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
As of the <i>Guardian</i> printing deadline, there were 12 Army Guard Technician positions being advertised.			

Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
As of the <i>Guardian</i> printing deadline, there were 28 Army Guard AGR positions being advertised.			

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
As of the <i>Guardian</i> printing deadline, there were 18 Air Guard Technician vacancies being advertised.			

Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
As of the <i>Guardian</i> printing deadline, there were 19 Air Guard AGR positions being advertised.			

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

Coming Events

July

July 1 - 2

Greg Biffle's National Guard NASCAR at the New Britain Rock Cats Stadium

July 2

Connecticut Army National Guard Day at the New Britain Rock Cats

July 4

Independence Day

July 12

Send-off Ceremony for AVCRAD & 134th MPs

July 30

Connecticut National Guard Appreciation Day
Connecticut Defender (Formerly the Norwich Navigators) Dodd Stadium

August

August 16

NGACT Retirees' Picnic

August 20 -23

EANGUS Annual Conference

August 25-27

Tri-State Family Conference

August 26

6th Annual Zebra Club Gold Tournament
(860-623-4232 after 4 p.m. Tues - Fri)

September

September 4

Labor Day

September 9

Family Day

September 15

NGACT Golf Tournament

September 16-18

NGAUS Annual Conference

In future issues

247th heads to Border

Gurdsman competes in All-Army Chess Tournament

Transformation Series Continues

National Guard Family Day Preview

First National Guard Military Working Dog Handlers

Deadline for submissions is the 15th of the month previous to publication.

Need assistance? Have questions?

Contact the

103rd Air Control Squadron's

Family Support Program

by visiting its Website:

www.103rdacs.com

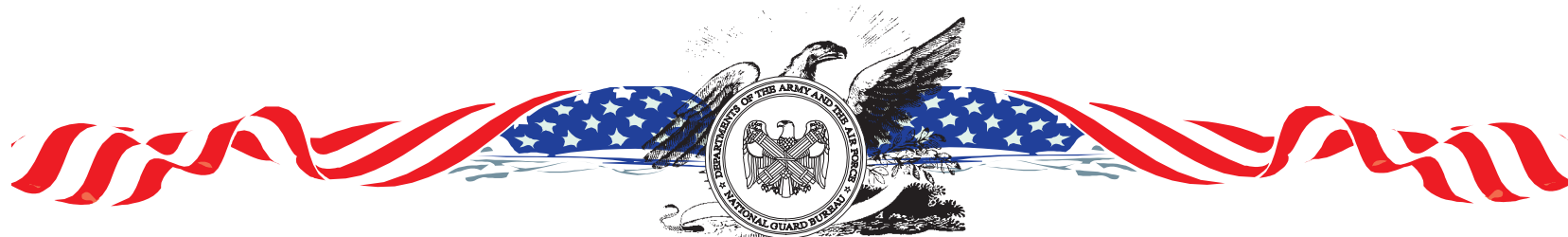
G 104th sends photos home

(Photos courtesy of
Master Sgt. Barbara Pepin,
G 126th AVN)



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Family Deployment Supplement to the Connecticut Guardian

VOL. 7 NO. 7

HARTFORD, CT

JULY 2006

Connecticut Guard children learn to deal with deployment through crafts, games, activities with other Guard children

Pfc. JOSHUA C. JOHNSON
65th PCH

According to the Connecticut National Guard Family Program, there are 267 children with a deployed parent in the Connecticut Army and Air National Guard.

Forty of those children attended the Child and Youth Program's monthly meeting at the Hartford Armory June 3.

The meeting had a special guest- a therapy dog named Charlie.

"This morning we're here to have fun," said Kate Nicoll, president of Soul Friends, Inc., a nonprofit organization that provides animal assisted therapy to children and adolescents dealing with loss, change, and transition.

Nicoll and business partner Cindy Trifone, vice president of Soul Friends, Inc., rescued Charlie, a terrier-mix, from a Newington animal shelter. Since the rescue, Charlie has been working with Nicoll and Trifone as a "Therapy Dog".

With Charlie waiting by her side, Nicoll asked the gathered children to tell her the ways in which dogs show their feelings.

"Wagging their tails! Playing! Barking and Jumping!" the children shouted.

Throughout the class they were taught how to talk to Charlie and how to read his body language. They were also taught about how humans and animals act when they're happy and sad. They taught the children about nonverbal communication and about how their bodies respond to stress, said Nicoll.

Regular activities at the monthly meetings include arts and crafts and snack time. They also play games to get them to talk about how they feel about their parent's deployment and how they feel in their schools, because they're not on a base with other children, said Melissa Tetro-Dow, a child and youth services coordinator.

The children get to keep a scrapbook, said Michelle McCarty, a child and youth services program coordinator. Every month they do a page in it so that when their loved one

comes home they can show them what they did, she said. They get their pictures taken and glue them onto their pages and write and draw around them.

In anticipation of Father's Day they had their pictures taken and put them inside of frames to send to their fathers in Iraq and Afghanistan.

"I love it. Thumbs up," said Kelly Washington, whose husband, Sgt. 1st Class Ricky Washington is deployed to Afghanistan with the infantry.

In May, they made teddy bears and dressed them in Army BDUs, boots and soft caps, said Washington, who brings her four children to the program.

"They gave us a heart to put inside of it," said Bianca, Washington's 11-year-old daughter. "We had to rub it on our heads to make it smart, on our arms to make it strong, and on our hearts to give it love. Then we put it inside of the bear."

When she was building it, she thought of all of her father's qualities and put them into the bear, said Washington.

"I like it," said Tyler, Washington's 12-year-old son. "We get to meet with other kids whose dads are in the Guard. I understand what my father's doing now and how not having a parent feels to other children."

With all the new deployments, the number of children with deployed parents in the Connecticut Guard can easily double, said Tetro-Dow.

When the Child and Youth Program launched its monthly meetings in February, a great need was met, she said.

The children of the Connecticut National Guard are not on an installation like children in the active Army. They are spread out all over Connecticut, and they feel alone, said Tetro-Dow.

"They only see the National Guard taking their daddies and mommies away to war," she

said.

The monthly Child and Youth Program meetings educate children about deployment and bring them together with other children who are in the same situation.

The meetings, which are open to all Army and Air National Guard members and their children, ages 3 through 18, are held at the Hartford Armory from 9 a.m. to noon the first Saturday of every month.

Parents must call 1-800-858-2677 to sign their children up for the program.

"You look at these kids and you wonder what's going through their minds," said Pat Wilk, a program volunteer. "Here, they get to talk about their mommies and daddies."

"It's all about military families," she said. "The military is a family."



Children run in circles underneath the parachute during the Parachute Game, one of the many games held during the Child and Youth Program event held on June 3 at the State Armory in Hartford. (Photo by Spc Ryan L. Dostie, 65th PCH.)

*More photos on
Page S3*



CATHERINE GALASSO

God will not let us down; have faith

Sometimes, all we need is a little faith.

Faith, that we will overcome our situation.

Faith, that we will achieve our heart's desire.

Faith, that we will survive.

God speaks clearly of the power of faith.

He reveals that if we have faith as a grain of mustard seed, nothing will be impossible for us. He tells us that our faith can move a mountain. And He expresses that our faith will achieve the impossible when it is His perfect will.

Many think they have to see it to believe it, but God says you have to believe it then you'll see it. And I have found that it's the truth.

For faith goes beyond what the eyes can see. It relies on God and believes before actually observing.

When you look through your eyes of faith, what do you see?

If we are to accomplish our heart's desire, we have to first know what we want, then visualize our aspirations and next put our faith into action. We cannot just wait for good things to come to pass; we must try to make them transpire. Therefore, with prayer and active faith, let us step out on our beliefs. Speak life-giving words, work hard, remain optimistic and believe that you will succeed. Contrary evidence or fact cannot shake faith. It is an absolute conviction of truth.

Albert Schweitzer wrote, "All work that is worth anything is done in faith." Faith is the essence of every great achievement. Faith wipes out obstructions, by freeing our mind of limitations. It also gives us the power to see past obstacles, to envision innovative ideas and fresh solutions on our way to accomplishment. As one wise person stated, "Where faith is the guide, the individual cannot lose his or her way." The power of faith is unlimited and a reflection of God's desire that we utilize it in every possible way.

A reader inscribed via e-mail, "My husband is a long time diabetic and in need for a new kidney. He goes to dialysis 3 times a week. And thanks be to God, my kidney is compatible to his and we are looking forward to a transplant operation. I truly know that prayers work. God has lifted me/us up many times. I am not afraid of the operation; I know God will be there for us."

Fear backs down, when we stand up to it. Theodore Roosevelt said, "I have often been afraid. But I would not give in to it. I simply acted as though I was not afraid and presently the fear disappeared." Fear ends where faith begins. So close the door of fear behind you and walk through that opened door of faith that is unlocked before you.

It is not what comes up against us, but it's our reaction to the difficulty. It's our attitude that counts. Our affirmative belief is an essential factor to attainment. The dominating thoughts of our mind hold dynamic power. We must truly 'see the reaching' in our own mind before we can actually arrive at our objective.

Clear your mind of self-imposed boundaries or thoughts of inferiority. Forget the failures of the past, shake off any mistakes, break bad habits and eliminate negative mindsets. Don't let doubts hold you back. There is no situation so hopeless that something constructive cannot be done about it. So, remain steadfast and confident; stay focused and full of joyful expectation.

Faith must be cultivated. Build an atmosphere of support around you. Associate with trustworthy people who uplift, reassure and encourage. Surround yourself with constructive situations. Read inspirational books and commit faith-filled scriptures and inspiring passages to memory. Continue declaring words of hope, of happiness and victory. By thinking thoughts of faith and speaking words of faith, you will clear the hurdles on the path to your goals.

And attune your mind to attract what you desire by expressing prayers of thankfulness for the blessings you already have. Gratitude is a powerful form of faith. And it is only a prayer away.

Life is a constant opportunity. And all that I have experienced in my life has taught me to trust God for what I cannot yet see. Because whether we can distinguish it now or not, God is at work in our lives. He is a miracle worker and wants us to have the very best. Have faith, dare to believe, persevere and press on. Today holds the blessings of God. He gives us wonderful opportunities, new each morning.

Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at anewyou@snet.net © Catherine Galasso, 2006

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Cell: 860-209-0770

toby.cormier@ct.ngb.army.mil

GUARD KIDS PLAY, LEARN, THRIVE TOGETHER



Children actively participate during a show of animal assisted therapy dog training where they were able to take part in the tricks and training of animal assisted therapy dog, Charlie. The show was held during the Child and Youth Program event on June 3 at the State Armory in Hartford. (Photo by Spc Ryan L. Dostie, 65th PCH.)



Children of Connecticut National Guard members play a game of parachute tag during the Child and Youth Program meeting June 3. The event was attended by 40 children who earned confidence building and teamwork skills while having fun at the Hartford Armory. (Photo by Spc. Rebecca Reynolds, 65th PCH)



Angus Anderson, 3, grins as he plays under a parachute at the Child and Youth Program meeting. Forty children attended the event at the Hartford Armory June 3. The children learned teamwork and confidence building skills through play. (Photo by Spc. Rebecca Reynolds, 65th PCH)



Charlie, an animal assisted therapy dog, waits his turn to help on the demonstration of Animal Therapy's dog training. Charlie

did several tricks for the children during his show that was held by Soul Friends, Inc during the Child and Youth Program event on June 3 at the State Armory in Hartford. (Photo by Spc Ryan L. Dostie, 65th PCH.)

WELCOME HOME T-SHIRTS

With Our Soldiers return fast approaching, the Family Readiness Group would like everyone to have the opportunity to purchase a Homecoming T-Shirt to wear on the day they return to Connecticut!!

The front left pocket of the T-Shirt will have the Griffin Logo:



The back of the T-Shirt will have all the soldiers' names.

Prices:
Adult: \$15
Youth: \$10

Orders need to be in by July 11, 2006

Shirts will be made available at our August 6th Reunion Conference
Please Submit this order form with a check made out to **G126th AVN FRG**

G126TH AVN Homecoming T-Shirt Order Form


Name: _____

Address: _____ Town: _____ State: _____ Zip: _____

Please enter the quantity of each size:

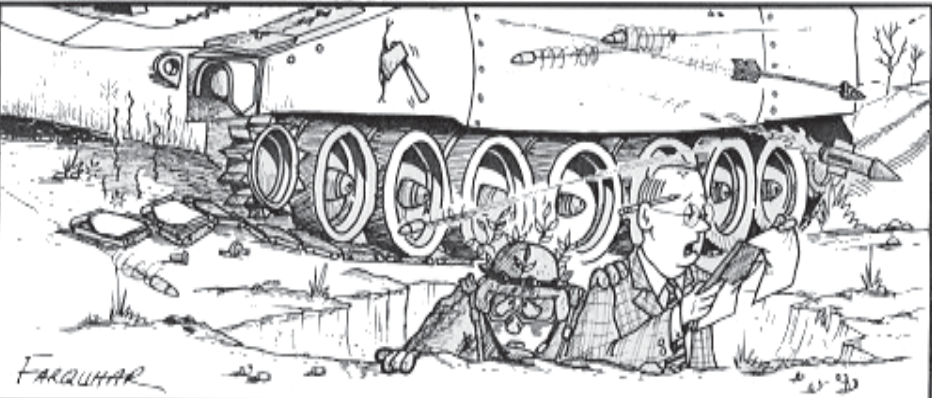
Adult: Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____ XXX-Large _____
Youth: X-Small (2-4) _____ Small (4-6) _____ Med (6-8) _____ Large (10-12) _____

Please send to Family Program 360 Broad Street Hartford, CT 06105 Attn: Rita O'Donnell



GUARD TOONS

by Lyle Farquhar



REGRETTABLY, SERGEANT DAVIS, SUB-SECTION 'C', PARAGRAPH-FOUR OF YOUR AUTO CLUB CONTRACT CLEARLY EXCLUDES TOWING DURING MANEUVERS!

Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:
Waterbury Armory

64 Field Street, Waterbury, CT 06702
(203) 574-2406 Toll Free 866-347-2291
Ms. Tamara Jex

Manchester Armory
330 Main Street, Manchester, CT 06040
(860) 646-0780 Toll Free 866-347-2286
Capt. Lauri Tinelle, Mr. Bert Saur & Mrs. Andrea Lathrop

103rd FW, Bradley ANG Base
Bldg 8, East Granby, CT 06026
(860) 292-2730
Mrs. Donna Rivera

Norwich Armory
38 Stott Avenue, Norwich, CT 06360
(860) 883-6934
Mrs. Andrea Lathrop

103rd Air Control Squadron
206 Boston Post Road, Orange, CT 06477
(203) 795-2983
Mr. Charlie and Mrs. Jane Solomon

Windsor Locks
Bldg. P123, Camp Hartell, Windsor Locks, CT 06096
(860) 386-4045
Mrs. Rita O'Donnell

Hartford Armory
360 Broad Street, Hartford, CT 06105-3795
1-800-858-2677
Mrs. Kim Hoffman, Mrs. Michelle McCarty,
Mrs. Melissa Tetro-Dow
and Staff Sgt. Jessica McKenna-Boski

Volunteers are needed in each facility.
Those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at 1-800-858-2677. Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address:
kim.hoffman@ct.ngb.army.mil

HOW TO MAKE A FOSSIL

How old is that fossil? Fossils are amazing. Kids can imagine what life was like when the fossil was created. But real fossils should be handled with care and checked for scientific importance. With these fossils, kids will have fun making and playing with them!

Materials

- (clay, items to imprint - leaves, coins, bugs, optional - shoe polish and acrylic sealer)
- Make a rock or plaque shape from the clay or use the dough recipe.
 - Create a smooth surface on the top side of your rock. (use water or just flatten the top on a counter or plate).
 - Make imprints with different objects. Try leaves, coins, shells, or even a small toy. Make a foot that you can use to leave footprints. (A pipe cleaner was used to make the fossil pictured on this page.
 - When it dries, rub on a bit shoe polish and acrylic sealer to make it last for months and months. Bury them in sand or dirt and have a expedition to dig up fossils like a paleontologist.

Dough Recipe

- (1 cup flour, 1/2 cup salt, 1 cup water, 1 tbsp oil, 2 tsp cream of tartar)
- Mix all ingredients in a pot and stir over medium heat.
 - Mixture will be soupy with lumps. Suddenly it will form into a ball.
 - Remove from heat, and knead on a non-stick surface.
 - Useful for many types of projects.
 - Store in fridge, or allow creations to air dry.

Note: By the time you have kneaded it for 3-5 minutes, it should look and feel like playdough. This dough can crack as it dries depending on the shape of the object.



KID'S

CREATIVE

CORNER

A monthly feature of fun and educational activities for the children of the Connecticut National Guard